

express

readexpress.com | @wapoexpress

Tuesday



OPRAH INTERVIEW

Lance Armstrong
apologizes and
admits to doping **14**

A DARK TREND IN 2012

Military suicides
exceed combat deaths,
hitting record level **4**

WHITE HOUSE WORKOUTS

Inaugural routines
to swear by for four
more years of fitness **18**



44 | 36



GETTY IMAGES/THINKSTOCK/EXPRESS ILLUSTRATION

PARTY TOWN!

Inaugural enthusiasm is in the
air as tickets go out and D.C. gets
ready for a torrent of tourists **10**

FOR EXTENDED FORECAST, SEE PAGE 29

JANUARY 15, 2013 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



LIPOSUCTION-TUMMYTUCK.COM

Unwanted Fat Removed Permanently!

FREE Diet Management

FREE B12 Shots

0 Down, 0 Interest 100% Financing

Good Credit Required

No Credit Check/Guaranteed Financing

Payment plans



vita
SURGICAL GROUP
www.vitasurgical.com
202.452.1332 24th and I St., NW
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
301.738.6766 Oxon Hill

**SPECIAL
ENDS
SOON!**


eye openers
TECHNOLOGY
Apple Store Employees Beg For Maps App to Be Removed

An elderly driver crashed into an Apple store in Chicago, but several customers saw the car coming and were able to get out of the way. CBS Chicago reported Sunday that the accident injured one person, who was listed in good condition, according to the Chicago Fire Department. (EXPRESS)

DIFFERENCES

"We gave it our best shot. She's a Florida girl, and I'm a Texas guy."

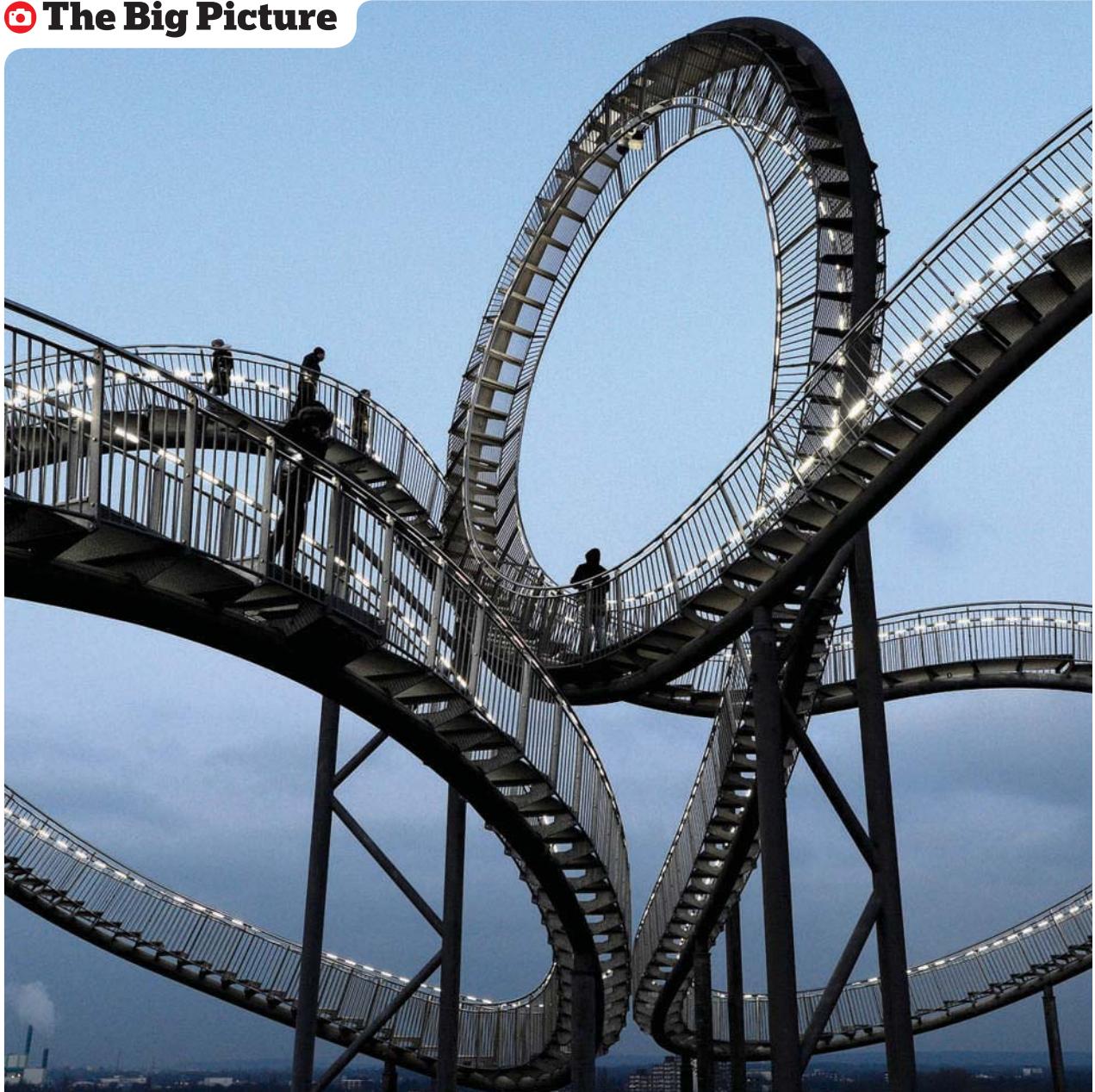
— **KELLY CARL HILDEBRANDT**, ON REASONS WHY HE AND HIS WIFE, KELLY HILDEBRANDT, WERE DIVORCING. THE TWO, WHO MET ON FACEBOOK IN 2009 BECAUSE THEY SHARED THE SAME NAME, ARE DIVORCING AFTER THREE YEARS OF MARRIAGE, THE NEW YORK DAILY NEWS REPORTED SUNDAY.

LESSONS
Give a Man a Fish and He'll Screw It Up By Setting It Free

A fisherman dangling his hand over the edge of a dock in Florida got more than he bargained for when a giant fish jumped out of the water and latched onto his arm. The Sun reported Saturday that onlookers screamed as the man tried to remove the tarpon, which was at least 5 feet long. After dragging it up onto the dock and wrestling with it, he pulled it off his arm and the fish flopped back into the water. (EXPRESS)

The Big Picture

PATRIK STOLLARZ/AFP/GETTY IMAGES



ARE YOU THERE, COASTER DOODLER? People walk on the "Tiger & Turtle" sculpture Sunday in Angerpark in Duisburg-Wanheim, Germany. The sculpture, which resembles a roller coaster, is made from 120 tons of galvanized steel. (Not familiar with Coaster Doodler's work using Express? Visit Coasterdoodler.com.)

Healthy adult volunteers needed


The National Institute of Mental Health is conducting outpatient research studies on fear and anxiety at the National Institutes of Health Clinical Center in Bethesda, Maryland.

Over a period of one to three visits of one to three hours each, participants will be interviewed and complete computer tasks during which heart rate will be recorded. Volunteers must be between 18-50 years of age, medically healthy, and not be taking medication. There is no cost for study-related tests. Compensation will be provided.

For more information, please call:
1-800-411-1222 (TTY: 1-866-411-1010)

Se habla español
Or go online, clinicaltrials.gov

Refer to study #: 01-M-0185 or 02-M-0321

Department of Health and Human Services
National Institutes of Health
National Institute of Mental Health

The NIH Clinical Center, America's research hospital, is located on the Metro red line in Bethesda, Maryland.
 NIH...Turning Discovery Into Health

Help wanted can be found **here**.

Contact us at 202.334.6732
 or ads@readexpress.com

express

Obama Draws Hard Line on Debt

President says he won't negotiate with GOP on raising limit

Washington

President Barack Obama vowed Monday that he would not negotiate with Republicans over the federal debt ceiling, warning that Social Security checks would be delayed and the nation could enter a new recession if Republicans do not agree to raise the limit on government borrowing.

In the final news conference of his first term, Obama said Republicans were threatening to hold "a gun at the head of the American people" and that he would not trade spending cuts, as Republicans demand, for an agreement to raise the \$16.4 trillion debt ceiling.

Obama said he was willing to negotiate deficit reduction with GOP leaders but insisted that those



President Barack Obama insisted Monday in the final news conference of his first term that he was not willing to negotiate with Republicans over the debt ceiling.

talks be separate.

Bitter brinkmanship between the White House and congressional Republicans over spending has become a defining event over the past four years, testing both Obama's leverage and his resolve at different moments of his presidency.

House Speaker John Boehner brushed off Obama's insistence on separating the debt ceiling from negotiations over spending cuts.

"The consequences of failing to increase the debt ceiling are real, but so, too, are the consequences of allowing our spending problem

Meanwhile ...

Underscoring the urgency of raising the debt limit, Treasury Secretary Timothy Geithner said in a letter to House Speaker John Boehner on Monday that the government will exhaust its borrowing limit as soon as mid-February, earlier than expected. The Treasury has been using bookkeeping maneuvers to keep from surpassing the debt ceiling, but Geithner said those measures will be exhausted by mid-February to early March. (AP)

to go unresolved," Boehner said.

At this moment, the government faces three looming deadlines: The debt limit must be raised soon to meet spending obligations and prevent a first-ever default; a series of across-the-board spending cuts is to kick in March 1; and funding for most government programs will run out March 27.

(THE WASHINGTON POST/AP)

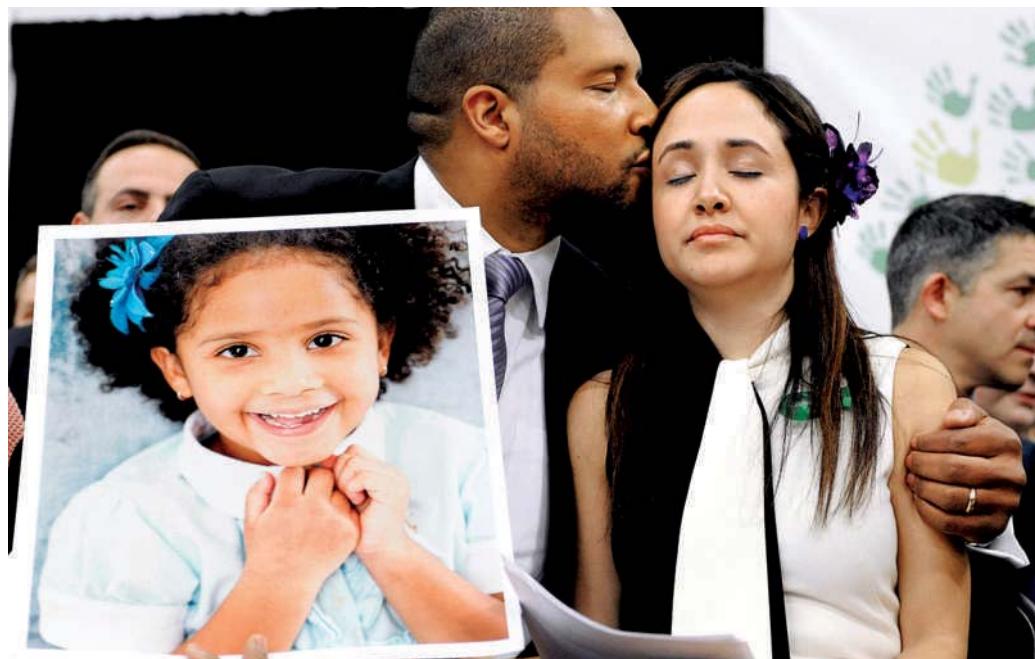


MARKETING

Calorie Campaign

Coca-Cola is taking to the airwaves for the first time to address obesity. The company on Monday began airing two-minute spots during the highest-rated shows on CNN, Fox News and MSNBC in hopes of flexing its marketing muscle in the debate over sodas and their impact on public health. The ad lays out Coca-Cola's record of providing drinks with fewer calories over the years and notes that weight gain is the result of consuming too many calories of any kind—not just soda. (AP)

A Month After Massacre, Sandy Hook Group Calls for Change



JIMMY GREENE, LEFT, KISSES HIS WIFE, Nelba Marquez-Greene, as he holds a portrait of their daughter, Ana Marquez-Greene, a Sandy Hook Elementary School shooting victim, Monday in Newtown, Conn. One month after the massacre that killed 27 people, members of the group Sandy Hook Promise renewed demands for tighter gun control. President Barack Obama on Monday endorsed bans on assault weapons and high-capacity ammunition magazines.

In Brief

HOUSTON

Ex-President Bush Sr. Released From Hospital

Former President George H.W. Bush was released from a Houston hospital and went home Monday after spending nearly two months being treated for a bronchitis-related cough and other health issues, a family spokesman said. Bush, 88, the nation's oldest living former president, was admitted to Methodist Hospital on Nov. 23. His stay included a week in intensive care last month. (AP)

KANSAS CITY, MO.

Chiefs Player Legally Drunk at Time of Murder



Belcher

Kansas City Chiefs linebacker Jovan Belcher had a blood-alcohol level more than twice the legal limit when he shot his girlfriend nine times and then killed himself in front of his coach and general manager Dec. 1, an autopsy released Monday showed. (AP)

LOS ANGELES

New Report Released on Natalie Wood's Death

Some of the bruises found on Natalie Wood's body may have occurred before the actress drowned in the waters off Southern California more than 30 years ago, according to a newly released coroner's report released Monday on one of Hollywood's most mysterious deaths. The findings have not altered an investigation into Wood's death, which a spokesman described as ongoing. (AP)

NEW YORK

Union: NYC School-Bus Drivers Will Go on Strike

A strike by New York City school-bus drivers that had been threatened for weeks will start Wednesday morning, affecting 152,000 students, the president of the union representing the drivers announced Monday. The strike is over a dispute over job protections in any new bus company contracts for the bus routes. (AP)

BOTOX *\$199/unit*
Dysport \$199
Guaranteed Results
Laser Hair Removal of
Upperlip/Chin \$45
Liposse \$399
Spider Vein/Venous Vein Removal
Restylane/Juvederm
Mimilift, Radiesse & Sculptura
All procedures performed by a Physician
DC 202-452-1332 MD 301-738-6766
VA 703-533-1025
www.vitasurgical.com

BANKRUPTCY
Seth W. Diamond
Attorney-at-law
(301) 565-5258

Spanish Classes



10+ years of teaching Spanish at the most affordable rates in the region!

También ofrecemos clases de inglés!



- Classes are held in Arlington, VA on Saturdays, 9am to 12pm, from Jan. 19 - May 18, 2013
- Adults develop the confidence to speak Spanish with native Spanish speaking instructors
- Kids (prek-8) learn "science in Spanish" and benefit from Spanish music and computer lessons
- Family and need-based scholarships available

www.edu-futuro.org
703-228-2560

GW COLUMBIAN COLLEGE OF ARTS AND SCIENCES
ARLINGTON

MASTER OF SCIENCE HIGH-TECHNOLOGY CRIME INVESTIGATION

Learn the skills that are in demand. Our faculty are experts in the fields of cyber security, computer law, digital forensics and risk analysis.

Hands-on experience.

Gain practical experience in lab-based digital forensics and incidence response courses.

Convenient classes.

Attend evening and weekend classes in Arlington, Virginia.

www.nearyou.gwu.edu/htc

For a list of all GW graduate programs, visit

www.gwu.edu/gradapply

Information Sessions

Thursday, January 24
6:30 pm ET
Online

Tuesday, February 26
6:30 pm

950 N. Glebe Rd., 6th Floor
Arlington, VA 22203
Metro: Orange Line to Ballston

RSVP Today!
703.248.2800
www.nearyou.gwu.edu/htc



THE GEORGE
WASHINGTON
UNIVERSITY

WASHINGTON, DC

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

readexpress.com

XX740245

Nation

Military Suicides Climb

As numbers hit record 349 in 2012, concern of 'epidemic'

Washington

Suicides in the U.S. military surged to a record 349 last year, far exceeding American combat deaths in Afghanistan, and some private experts are predicting the dark trend will grow worse this year.

The Pentagon has struggled to deal with the suicides, which Defense Secretary Leon Panetta and others have called an epidemic. The problem reflects severe strains on military personnel burdened with more than a decade of combat in Afghanistan and Iraq, complicated by anxiety over the prospect of being forced out of a shrinking force.

Pentagon figures obtained Monday show that the 349 suicides among active-duty troops last year were up from 301 the year before

Backstory

Suicide prevention has become a high Pentagon priority, yet the problem persists. David Rudd, a military suicide researcher and dean of the College of Social and Behavioral Sciences at the University of Utah, said he sees two main categories of troops who are committing suicide at an accelerating pace: Iraq and Afghanistan war veterans suffering from depression, post-traumatic stress or substance abuse, and those who have not gone to war but face troubled personal relationships, money problems or legal woes. He is not optimistic about a decline soon. "Actually, we may continue to see increases," he said. (AP)

and exceeded the Pentagon's own projection of 325. The Pentagon's military and civilian leaders have acknowledged that more needs to be done to understand the causes.

Last year's total is the highest since the Pentagon began closely tracking suicides in 2001. It exceeds the 295 Americans who died in Afghanistan last year. All of the numbers are tentative, pending the completion later this year of formal pathology reports on each case.

Some in Congress are pressing the Pentagon to do more. "This is an

epidemic that cannot be ignored," said Sen. Patty Murray, D-Wash.

Military suicides began rising in 2006 and soared to a then-record 310 in 2009 before leveling off for two years.

The military suicide rate, however, remains below that of the civilian population. The Pentagon says the civilian suicide rate for males aged 17-60 was 25 per 100,000 in 2010, the latest year for which such statistics are available. That compares with the military's rate in 2012 of 17.5 per 100,000. ROBERT BURNS (AP)

Citrus, Lettuce Damaged by Cold

Fresno, Calif.

As an unusual cold spell gripped parts of the West for a fifth day, some California citrus growers reported damage to crops and an agriculture official said national prices on lettuce have started to rise because of lost produce in Arizona.

The extreme chill in the West comes as the Eastern U.S., from Atlanta to New York City, is seeing spring-like weather.

In California's San Joaquin Valley, where farmers are fighting to protect about \$1.5 billion worth of citrus fruit on their trees, temperatures dropped to 25 degrees in some areas Sunday and stayed low lon-

ger than previous nights.

Prolonged temperatures in the mid-20s or below cause damage to citrus crops. And farmers are on the hook for a fifth cold night: a freeze warning is in effect until 10 a.m. Tuesday for central California.

To the east, the freezing temperatures have already done enough damage to southwestern Arizona lettuce crops that prices were increasing, said Kurt Nolte, a Yuma, Ariz.-based agricultural agent for the University of Arizona.

The area provides much of the nation's leafy greens during the winter, and farmers are reporting damage to many romaine and iceberg lettuce crops. (AP)

Hearsay

"I would just suggest that everybody kind of wait until they've seen ... who is in my Cabinet, before they rush to judgment."



—PRESIDENT BARACK OBAMA, DEFLECTING CRITICISM MONDAY THAT HIS SECOND-TERM CABINET IS SHAPING UP TO BE LESS DIVERSE THAN HIS FIRST

125,746

The number of signatures received by the White House requesting that Texas secede. The White House responded Friday that the Founding Fathers who created the nation "did not provide a right to walk away from it." The petition was created a few days after President Barack Obama won re-election. It cited the "federal government's neglect to reform domestic and foreign spending." (AP)

FIREPLACE SALE! 40% OFF!

CYPRUS AIR
FIREPLACE SYSTEMS
Sales . Service . Installation



Safe, Clean, Green Gas Fireplaces

Realistic, Warm, Cozy, 99% Energy Efficient, and Our Systems Work Even When You Lose Power!

Come Visit Our 48 Live Burning Showroom Displays And Let Cyprus Air Convert Your Existing Fireplace To Gas. Cyprus Air Is Your One-stop Shop Handling Installation, Inspection, Permits. No Natural Gas? No Problem! Cyprus Air Can Also Install a Small Propane Tank Behind Your Chimney, If Your Home Does Not Already Have Gas.

- No Chopping or Hauling Logs
- Light With the Flick of a Switch
- No Soot or Ashes to Clean Up
- Heat Home as Little as .14c per Hour
- Works Even When You Lose Power!

1(888)532-6578
www.MetroGaslogs.com

Guaranteed
Installation in
10 Days!

7525 Richmond Hwy, Alexandria VA 22306
3 miles south of I-495, Old Town Alexandria VA,
Woodrow Wilson Bridge, 7 miles south of DC!

Showroom Hours:
Mon-Sun 10am - 7pm



Make Sure Your Fireplace is Safe!
Buy a Maintenance Agreement and Pay \$230!
ONLY \$464 ~~\$230~~!
FOR YOUR SAFETY:
Call To Schedule A Service Appointment
For Inspection, Cleaning and Tune Up!
Expires 2/15/13



Visit Our Showroom or Call To Schedule a Free In Home Estimate!
Serving Virginia, Maryland and DC since 1967

*On select in stock items

World

In Brief

MILAN

Court: Ex-Premier Can't Delay Trial for Campaign

Milan court on Monday rejected a bid by former premier Silvio Berlusconi to halt his sex-for-hire trial until after Italy's general election campaign, a ruling that makes a verdict likely before the February vote. Berlusconi's lawyer accused the court of "interfering heavily" in the Italian political campaign by refusing to suspend the trial so Berlusconi can dedicate himself to campaigning. (AP)

BEIRUT

Syrian Regime Bombs Damascus Suburbs

The Syrian government bombed areas around Damascus on Monday as part of its push to keep rebel fighters out of the capital, leaving many children among the dozens killed, activists said. The International Rescue Committee said Monday it could be "months, if not years" before more than half a million refugees from Syria's civil war can return home. (AP)

ISLAMABAD

Protesters Rally Against Pakistani Government

Thousands of Pakistanis fed up with a government they say is corrupt and indifferent to the plight of common citizens descended on the capital Monday, responding to the call of Tahir-ul-Qadri, a cleric who has quickly become a powerful but mysterious political force. He had pledged a "million-man march" on Islamabad, but the tally fell far short. (AP)

Hearsay

"I have hope, but I'll believe it when I'm sitting in an airplane."

— YOANI SANCHEZ, A DISSIDENT BLOGGER WHO WAS AMONG THE MANY WHO LINED UP IN HAVANA TO APPLY FOR PASSPORTS OR BUY PLANE TICKETS ON MONDAY AS A HIGHLY ANTICIPATED NEW LAW TOOK EFFECT ENDING CUBA'S MUCH-HATED EXIT VISA REQUIREMENT

Challenging Al-Qaeda in Africa

France fights to keep Mali from becoming the next Afghanistan

Bamako, Mali

Deep inside caves, in remote desert bases, in the escarpments and cliff faces of northern Mali, Islamic extremist fighters have been burrowing into the earth, erecting a formidable set of defenses to protect what has essentially become al-Qaeda's new country.

They have used equipment left by fleeing construction crews to dig what residents and local officials describe as an elaborate network of tunnels, trenches, shafts and ramparts. In just one case, they have stored up to 100 drums of gasoline in a cave, guaranteeing their fuel supply in the face of a foreign intervention, according to experts.

Now that intervention is here. On Friday, France deployed 550 troops and launched air strikes against the Islamists in northern



Dangerous Territory

Mali, one of the poorest countries in the world, has leapt into the international spotlight in recent days after French troops began an assault on al-Qaeda-linked militants there.

► **Why France?** France colonized the country, and Mali slid into dictatorship after gaining independence from French rule in 1960. Malians still pass back and forth between the two countries.

► **Why Now?** Analysts worry that militants are using the vast, desolate region outside government control to prepare for attacks outside Mali's borders. (AP)

Mali, starting a battle in what is currently the biggest territory in the world held by al-Qaeda and its allies. But the fighting has been harder than expected, and the extremists boast it will be worse than the decade-old struggle in Afghanistan.

"Al-Qaeda never owned Afghani-

stan," said former U.N. diplomat Robert Fowler. "They do own northern Mali."

Al-Qaeda's affiliate in Africa — al-Qaeda in the Islamic Maghreb, or AQIM — has been a shadowy presence for years in Mali, a country hobbled by poverty. Last year, the terror syndicate and its allies took

advantage of political instability in Mali to take over a territory almost exactly the size of Afghanistan.

Because of the size and the hostile nature of Mali's terrain, analysts say rooting out the extremists could prove even more difficult than it did in Afghanistan.

The catalyst for the Islamic fighters was a military coup nine months ago, and the international community debated what to do.

All that changed last week, when French intelligence spotted rebels on the move and attacked. Despite a punishing French bombardment, insurgents grabbed more territory in Mali on Monday.

The rebels threatened retribution, saying France had "opened the gates of hell." (AP)

Bad Smog in China Brings Surprising Transparency

Beijing

One of Beijing's worst rounds of air pollution kept schoolchildren indoors and sent coughing residents to hospitals Monday, but this time something was different about the murky haze: the government's transparency in talking about it.

Government officials — who have played down past periods of heavy smog — held news conferences and posted messages on microblogs discussing the pollution.

Even state-run media gave the smog remarkably critical play.

Beijing's new openness about smog also put more pressure on the government to address its causes.

City authorities ordered many factories to scale back emissions

and sprayed water at building sites to try to tamp down dust and dirt.

Schools in several districts were ordered to cancel outdoor events, and in an unusual public announcement, Beijing authorities advised all residents to "take measures to protect their health."

886

The air pollution level, in micrograms per cubic meter, Saturday in Beijing, the U.S. Embassy said. The U.N. safety level is 25 micrograms. (AP)

"Really awful. Extremely awful," Cindy Lu of Beijing said of the haze. But, she said, "before, you just saw the air was bad but didn't know how bad it really was." (AP)

Bodies and Souls Refreshed in India



A WORSHIPPER DRINKS Monday while praying in the Sangam, where three rivers — the Ganges, the Yamuna and the mythical Saraswati — meet near Allahabad, India. Millions of Hindus dipped in the water on the most auspicious day of the 55-day Kumbh Mela, one of the world's largest religious festivals.

World

Model Law Targets Thinness

Israel sets landmark weight minimums for fashion industry

Jerusalem

When Margaux Stelman began modeling a few months ago, she always had her sister Aline in mind.

Aline was an ex-model who died three years ago after a long battle with anorexia, a common affliction of models trying to look thinner and thinner — and girls trying to look like them.

Now, thanks to a new Israeli law that prohibits the employment of underweight models, Stelman, 21, says she feels protected from the traditional pressures of an industry notorious for extreme thinness. The law sets weight minimums with the aim of discouraging anorexia and bulimia, eating disorders



Weight and See

Israel's new law requires models working at shoots for the Israeli market to produce a medical report no older than three months stating they are not malnourished by U.N. standards. The U.N. health agency says a body mass index below 18.5 signals malnutrition. By that, a 5-foot-8 woman should weigh no less than 119 pounds. But critics say BMI cannot be applied equally to everyone. (AP)

that affect mostly young women.

"This disease is something that's very close to me," Stelman said. "Doing the exact opposite,

showing girls that [they] can be healthy and be a model anyway, it's really something I want to show."

The Israeli law, which took effect this month, is the first of its kind. The U.S. and England have guidelines, but their fashion industry is self-regulated. Other governments have taken steps to prevent "size zero" medical problems but have shied away from legislation.

The Israeli law also requires that any advertisement published for the Israeli market must clearly disclose whether the model's appearance was digitally altered.

Israeli designer Keren Saban said she prefers models in her clothes to look "like a woman."

"A woman's look is not something you need to be ashamed of, just the contrary," she said. "That is what an item should look like when we sell clothes to women."

ARON HELLER (AP)



Movie Deal Likely Pending: Thieves dug a 100-foot tunnel into the safe deposit room of a Berlin bank and escaped with their haul, setting a fire as they left to cover their tracks, German police said Monday. Berlin police spokesman Thomas Neuendorf said the tunnel led from an underground garage into the bank's safe deposit room. Neuendorf said the tunnel was "very professional" and must have taken weeks or even months to complete. (AP)

WARNING: Alcohol Ruins Lives

DO YOU HAVE ALCOHOL AND ANXIETY PROBLEMS?

You may be eligible for a research study testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

You may be eligible for the study if you:

- Are 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:

- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance.



Call now for a confidential screening:
1-800-535-8254

TTY: 1-866-411-1010
www.clinicaltrials.gov



GW COLLEGE OF PROFESSIONAL STUDIES ARLINGTON

MASTER'S DEGREE AND GRADUATE CERTIFICATES LANDSCAPE DESIGN & SUSTAINABLE LANDSCAPES

Do what you love.

Learn how our master's degree and graduate certificates in Landscape Design and Sustainable Landscapes can help launch your next career.

Meet potential employers.

Explore job opportunities with area employers in design and horticulture.

Explore your career

options. Meet program alumni and learn about the many ways in which they practice.

Saturday, February 2, 2013

Information Session
12:00 pm

Career Fair
1:00-4:00 pm
950 N. Glebe Rd., 6th floor
Arlington, VA 22203
Metro: Orange line to Ballston

RSVP Today!
703.248.2800
www.nearyou.gwu.edu/landscape



THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC

38276 THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHOEN

DC Rider



METRO NEWS ON
YOUR iPhone
AND ANDROID —
DOWNLOAD FREE.



NOW WITH RUSH PLUS! DOWNLOAD OUR FREE APP FOR IPHONE AND ANDROID DEVICES NOW AT THE APP STORE OR GOOGLE PLAY STORE.



Headed to the Mall? Try 2 Wheels.

Capital Bikeshare is set for big business on Inauguration Day

Washington

The presidential inauguration will draw hundreds of thousands of people onto Washington's roads, buses and trains. For many, the best way to avoid packed trains and snarled streets may be to hop on two wheels.

Even with fewer people expected than in 2009, crowding and congestion will still be a major issue, and Capital Bikeshare is an option that wasn't around when

President Barack Obama was first inaugurated.

On Monday, a flood of cherry-red bikes is expected to converge on downtown, and temporary Bikeshare corrals will be set up near the Mall.

"The only sane option seems to be a bicycle," said Paris Watson, 42, of Silver Spring. "It's so much easier to maneuver around the city."

While bikes may help people get close to the parade and the Mall, once riders arrive downtown, the thick crowds will make riding difficult, said Chris Holben, who manages bike-sharing for the D.C. Department of Transportation.

Several Bikeshare stations will

Uber Upgrade

Uber, the luxury car service, introduced an option Monday to reserve standard-issue taxicabs. The company says the process will work just like the regular service — cashless transactions — but will only be available in the District, not Maryland or Virginia, for now. (EXPRESS)

be closed or removed altogether. Six in Northwest Washington will be removed later this week because of the parade and will be reinstalled next week.

They are the stations at 10th and E streets, 10th Street and Constitution Avenue, 14th and D streets,

15th Street and New York Avenue, 14th and G streets and 14th and H streets.

In addition, the stations on the Mall in front of the Washington Monument and the Smithsonian Metro entrance will both be shut down until 5 p.m. Monday.

There will be two Bikeshare corrals set up on the north and south of the Mall.

The northern corral will be at Farragut Square on 17th Street NW between K and I streets, while the southern corral will be at 12th Street and Independence Avenue SW. Both locations will be open from 7 a.m. to 5 p.m. Monday.

MARK BERMAN (THE WASHINGTON POST)



PHOTOS

Instagram Alert

We want your pictures. If you've got a cameraphone, we'd like to put your photos in the paper. Tag us @ExpressDCrider in your posts of the transit system, and if we like (heart) one of the shots on your feed, you can submit it to us for print via email at dcrider@wpost.com.

LOSE WEIGHT
GAIN CONFIDENCE
BUILD SELF-ESTEEM
EMPOWER ONESELF

LABOXING
EST. 1992

RING IN 2013 WITH
A NEW YOU!

BETHESDA, MD
301-656-3910 • bethesda@laboxing.com

GEORGETOWN, WASH. DC
202-388-4269 • georgetown@laboxing.com

ROCKVILLE, MD
301-881-4269 • rockville@laboxing.com

TRY A
1000-CALORIE
WORKOUT TODAY!
FREE WITH THIS AD!

www.laboxing.com

ARLINGTON, VA
703-525-4269 • arlington@laboxing.com

ALEXANDRIA, VA
703-548-4269 • alexandria@laboxing.com

Local

O'Malley Promises New Gun Laws

Governor to propose tighter licensing, ban on assault weapons

Baltimore

Maryland Gov. Martin O'Malley said Monday he will propose a ban on military-style assault weapons and stricter licensing requirements as part of a sweeping package of legislation aimed at preventing school violence.

O'Malley detailed his plan at a summit on reducing gun violence, where New York Mayor Michael Bloomberg also urged reforms on a federal level, including tougher

background checks.

The summit was held exactly one month after the shootings at Sandy Hook Elementary School in Newtown, Conn., that left 20 children and six adults dead.

The two-day summit featured a variety of experts at the Johns Hopkins Bloomberg School of Public Health, which is named after the mayor, a Johns Hopkins alumnus.

"This will be a comprehensive legislative package to prevent gun violence, and it addresses not only the guns, but also mental health and school safety," O'Malley, a Democrat, said of the proposal he will be pushing in Maryland.



Martin O'Malley, left, and New York Mayor Michael Bloomberg on Monday.

hood in our state."

"And we'll also limit the size of magazines in order to make it harder for criminals to gun down in succession police officers or schoolchildren," the governor said.

The proposal also will include a licensing requirement for handguns. O'Malley didn't offer specifics but said it would respect the traditions of hunters and sportsmen.

O'Malley emphasized that his plan doesn't seek to ban all guns.

"At the same time, we know that it makes absolutely no sense, when you look at the level of carnage on our streets from guns, to blame every factor but guns," O'Malley said. BRIAN WITTE (AP)

In Brief

RICHMOND, VA.

Salahi to Seek Governor's Office as Independent

White House party crasher and vintner Tareq Salahi says he will now run for governor of Virginia as an independent. Salahi originally announced his plans to seek the Republican nomination in April. Attorney General Ken Cuccinelli is heavily favored to win the GOP nomination and would likely face Democratic strategist Terry McAuliffe. (TWP)

NEW CARROLLTON, MD.

2 Dead in Apartment Fire

Prince George's County fire officials say two people were killed in a fire at an apartment building in New Carrollton Sunday night, including one who tried to jump to safety. Fire officials say one person was found dead in the apartment where the fire started. (AP)



Tareq Salahi originally planned to run for governor in Virginia as a Republican.

WASHINGTON

Farm Innovations Sought

The Smithsonian's National Museum of American History is working with farmers to build a new collection showing the evolution of modern agriculture. The museum announced Monday that it's working with the American Farm Bureau Federation to collect items that reflect innovation over the past 70 years. (AP)

Foggy Bottom Comes to Maryland



SARAH VOISIN/TWP

A LONE RED SHOPPING CART is parked in an empty Target parking lot in Hyattsville, Md., Monday morning. The night was filled with rain and dense fog.

The Lotteries

Monday, Jan. 14

Maryland

Mid-day Pick 3.....	4-5-9
Evening Pick 3 (Sun.).....	5-5-8
Mid-day Pick 4.....	3-1-8-2
Evening Pick 4 (Sun.).....	4-4-7-7
Match 5 (Sun.).....	4-5-9-32-35 (30)

District

Mid-day Lucky Numbers	4-7-4
Evening Lucky Numbers (Sun.).....	7-0-4
Mid-day DC 4	7-4-8-2
Evening DC 4 (Sun.).....	0-9-4-8
Mid-day D.C. Five	8-8-8-0-3
Evening D.C. Five (Sun.).....	9-5-4-0-5

Virginia

Mid-day Pick 3.....	5-5-0	Evening Pick 4 (Sun.).....	7-0-5-7
Evening Pick 3 (Sun.).....	4-8-4	Mid-day Cash 5 (Sun.).....	12-13-14-26-32
Mid-day Pick 4	5-6-4-0	Evening Cash 5 (Sun.).....	3-7-13-17-22

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



The HAMILTON
LIVE
UPCOMING PERFORMANCES

GARLAND
JEFFREYS
SUNDAY JAN 27

RENE
MARIE
TUESDAY JAN 29

SATURDAY, JAN 26
LONG MAY YOU RUN-
A BENEFIT CONCERT FOR
RUNNER & PEDESTRIAN SAFETY
W/ ANNA EGGE, ANNE MCCUE, MARY BATTIATA &
LITTLE PINK, ERIC BRACE, DOUGHBOYS, JASON
ROBERTS (OF NORAH JONES BAND), DEREK EVERY

SATURDAY, JAN 26
MATT SCHOFIELD

WEDNESDAY, JAN 30
JANE MONHEIT

FRIDAY, FEB 1
HARIKARAOKE BAND

SATURDAY, FEB 2
LAURA TSAGGARIS
EVERYMAN CD RELEASE SHOW
W/ THE OLD CEREMONY

FREE
LATE-NIGHT MUSIC IN THE LOFT
EVERY FRI & SAT

14TH & F^{202.787.1000}
near Metro Center
@thehamiltondc
/thehamiltondc
THEHAMILTONDC.COM

Park your browser here.

Concerts, movies, events, restaurants and more.

readexpress.com

Cover Story



"This will be a week that reminds us all that no matter how local we are, or claim to be, the seat of America's government is still a marvel to many."

— CLINTON YATES, EXPRESS LOCAL EDITOR AND WASHINGTON POST OPINION WRITER, REMINDING LOCALS TO BE KIND TO TOURISTS. READ MORE: [HTTP://Wapo.st/UKV90U](http://Wapo.st/UKV90U)

Inaugural Devotion

Crowds will be smaller and parties fewer, but Obama's fans will still pack D.C.

Washington

President Barack Obama's second inauguration is shaping up as a high-energy celebration smaller than his first milestone swearing-in, yet still designed to mark his unprecedented role in American history with plenty of eye-catching glamour.

A long list of celebrity performers will give the once-every-four years rite of democratic passage the air of a star-studded concert, from the bunting-draped west front of the Capitol, where Obama will take the oath Monday, to the Washington Convention Center, which is expected to be packed with 40,000 ball-goers that evening.

The first family will lead a parade

of clanging bands, elaborate floats and marchers down Pennsylvania Avenue. The president will dance with the first lady, whose dress seems destined to be the most anticipated fashion statement of the second Obama administration.

Estimates of turnout are 600,000 to 800,000, compared with the 1.8 million in the record crowd on the National Mall four years ago to see the swearing-in of the first black president. The mood of this 57th inauguration will be tempered by the weak economy, high unemployment, the aftermath of the Connecticut school shooting and the long war in Afghanistan that's expected to require U.S. combat forces through the end of next year.

Yet recent developments have shown

Latest Updates

No Purple Tickets: A congressional committee on Monday revealed the color-coded tickets that will admit people to President Barack Obama's second inauguration Monday. And none were purple, which Sen. Charles Schumer, above, emphasized, as if to show that the organizers are striving to avoid a debacle like the one that stranded thousands of purple-ticket bearers four years ago.



Inaugural App: A congressional committee on Monday also unveiled a smartphone app that will guide ticket-holders to their seats using GPS data (Get it at Bit.ly/l3x297Z). Users can receive a map and directions to the appropriate gate based off of ticket color. About 300 volunteers will also help people to their seats.

With Representation: At noon Monday, Del. Eleanor Holmes Norton, D-D.C., held a lottery for inaugural tickets. Winners must pledge that they will attend the ceremony. (THE WASHINGTON POST)

So, who pays for all this?

Much of the inauguration's cost is picked up by supporters and other private donors, as has been the case for years. In 2009, Barack Obama raised \$53 million in private money for his first inauguration. Public money is used for security, which is harder to put a price tag on. Other public money that has been set aside this time:

The Architect of the Capitol has
\$4.2 million

to spruce up the Capitol grounds for the swearing-in ceremony on the west front. That money also pays for the inaugural platform under construction, along with bleachers and barricades.

Nearly
\$2 million

has been approved for U.S. Capitol Police.

\$1.2 million

has been budgeted for the Joint Congressional Committee on Inaugural Ceremonies, which handles all of the events taking place at the Capitol grounds for the inaugural. (AP)

that inaugural enthusiasm is high.

A limited offering of \$60 inaugural ball tickets for the general public sold out quickly, and inauguration planners have tried to crack down on the scalping business that's sprung up online. There's an impressive list of celebrities, including Beyoncé, Katy Perry and Usher, who have signed on to perform.

While organizers said Obama was cutting back the number of balls from 10 last time to just two this year, they are expecting more than 35,000 to attend the larger of the two and 4,000 to attend a ball in honor of U.S. troops — double the size of four years ago.

Another factor that could increase turnout is the unseasonably warm weather in Washington. Early forecasts indicate that Obama will be taking the oath of office while the temperature is in the 40s.

Steve Kerrigan, president and CEO of the Presidential Inaugural Committee, said that just because the festivities are going to be smaller doesn't mean they are going to be any less significant.

"People want to be a part of history," Kerrigan said. "This is a moment that's only happened 56 other times."

NEDRA PICKLER (AP)

Ravens Welcome Underdog Role

Patriots enter game as 9½-point favorites to make Super Bowl

NFL

The Ravens have another opportunity to embrace the underdog role, this time in the AFC championship game against the New England Patriots.

Playing at home — where they've won seven of nine this season — the Patriots have been installed as 9½-point favorites Sunday to beat Baltimore and advance to the Super Bowl.

The Ravens have already defeated New England this season and are coming off a stunning upset on the road against top-seeded Denver. Yet, it appears they're still not getting any respect.

And the Ravens are just fine with it.

"It's just what everyone else thinks," defensive tackle Haloti Ngata said Monday. "In here, on our team, we believe in ourselves.... We'll just have to go back out there and prove people wrong again."

After eliminating the Broncos 38-35 in double-overtime Saturday, the Ravens (12-6) watched New England (13-4) defeat Houston on Sunday. Baltimore might have had an easier time against the Texans, but many of the Ravens longed for a rematch of last year's AFC title game, won by the Patriots 23-20.



Running back Ray Rice and the Ravens defeated the Patriots 31-30 on Sept. 23.

"I think we personally kind of wanted to play the Patriots again," Ngata said. "If we go to the Super Bowl, it would be great to go through Foxboro."

The Ravens were also 9½-point underdogs against Denver, which came in with an 11-game winning streak and as the odds-on favorite to reach the Super Bowl. Yet, Baltimore is still in the hunt and the Broncos are done for the season.

"It will probably be one of the

greatest victories in Ravens history," linebacker Ray Lewis declared after the game. "It's partly because of the way everything was stacked up against us coming in. ... For us to come in here and win, 9- to 10-point underdogs, that's the beautiful part about sports. That's the thing that, if I'll probably miss anything about my career, it will be to listen to what people say you can't do, and then to go do it."

The 37-year-old Lewis, who has

"New England does some suspect stuff on offense. Can't really respect it. Comparable to a cheap shot b4 a fight."

— RAVENS LINEBACKER BRENDON AYANBADEJO TWEETED SUNDAY, ALSO CALLING THE PATRIOTS' HURRY-UP OFFENSE "A GIMMICK."

been with the Ravens since their first game in 1996, plans to retire after Baltimore's current playoff run. If the Ravens go all the way, he will no doubt recall they were underdogs this season from September through the first weekend in February.

"My Super Bowl year in 2000, we were never picked one time the entire season to win a game. Not one time," Lewis recalled. "But at the end of the day, we held the Lombardi Trophy as Super Bowl champs. That alone taught me a valuable lesson — that no one outside dictates how we play on the inside."

OK, so the Ravens weren't underdogs in every game and were 3-point favorites over New York in the Super Bowl. But, with the aid of some revisionist history, Lewis made a valid point.

DAVID GINSBURG (AP)



We Meet Again

The Ravens-Patriots rivalry has become one of the NFL's best. Despite not being in the same division, the teams have played each of the past four seasons, and Sunday's game will mark the third time since 2009 they have met in the playoffs.

Jan. 10, 2010
Wild-card round

Ravens 33,
Patriots 14

On the first play from scrimmage, Ray Rice scampered 83 yards for a touchdown. By the end of the first period, the Ravens were already up 24-0. Tom Brady threw for just 154 yards and was picked off three times.

Oct. 17, 2010
Regular season

Patriots 23,
Ravens 20 (OT)

The Patriots came back from a 10-point, fourth-quarter deficit behind the play of the newly reacquired Deion Branch. Just five days after trading Randy Moss, Branch had nine catches for 98 yards and a touchdown.

Jan. 22, 2012
AFC championship game

Patriots 23,
Ravens 20

Two late miscues ruined the Ravens' Super Bowl chances. Wide receiver Lee Evans couldn't hang on to a potential game-winning touchdown. Two plays later, kicker Billy Cundiff shanked a 32-yarder that would have tied the game with 11 seconds left.

Sept. 23, 2012
Regular season

Ravens 31,
Patriots 30

Less than 24 hours after his brother died, Torrey Smith caught six passes for 127 yards and two touchdowns. Ravens rookie kicker Justin Tucker kicked a 27-yard field goal as time expired for the win.

JEFFREY TOMIK (EXPRESS)

In Brief



Robert Griffin III was third in the NFL with a 102.4 passer rating this season.

REDSKINS

RGIII Earns Rookie Honor

Redskins quarterback Robert Griffin III was named Pro Football Weekly/Pro Football Writers of America Rookie of the Year and NFL offensive rookie of the year, the team announced Monday. The annual award is selected by Pro Football Weekly editors and contributors along with members of the pro football writers group. MIKE JONES (THE WASHINGTON POST)

MLB

A's Melvin Gets Extension

Bob Melvin is staying put in his native Bay Area, right where he has said he wants to be well into the future. The Athletics manager received a two-year contract extension Monday that takes him through the 2016 season after he led Oakland to a surprising AL West title last year. (AP)

TV Lineup

COLLEGE HOOPS (7 P.M., CSN)

George Mason tries to bounce back from two early-season CAA losses when the Patriots host in-state rival James Madison.

COLLEGE HOOPS (7 P.M., ESPN2)

Notre Dame's 12-game winning streak ended Saturday vs. UConn. The Irish hope to bounce back against St. John's.

NBA (9 P.M., NBATV) With rookie sensation Damian Lillard, Portland has been one of the NBA's best stories. The Blazers will play on the road vs. the Nuggets, one of the league's top teams at home.

express ➔ health directory

Volunteer for a Dengue Vaccine Study

Purpose: Test a new investigational dengue vaccine to see if it is safe in humans and whether it can protect against dengue infection

You may be eligible to participate if you are:

- Between the ages of 18 and 39
- In good health
- Available for study duration (about 13 months)

You will be provided:

- A no-cost health screening
- Compensation for your time and effort

Location: Clinical Trials Center
Walter Reed Army Institute of Research,
Silver Spring, MD 20910

Contact us at 301-319-9320, or **Toll Free** at 1-866-856-3259
www.clinicaltrials.army.mil

For Advertising Please Contact
washingtonpost.com

For Advertising Contact
Catherine Falcomeni
202-334-5648
falcomenic@washpost.com



Park your browser here.

Concerts, movies, events, restaurants and more.

readexpress.com

XX740 1x2

readexpress.com

Concerts, movies, events, restaurants and more.

readexpress.com

XX740 1x1.5

Our research team at the University of Maryland is currently working with the community to find solutions to the problem of risk taking among adolescents.

We are recruiting **parents** & their **children** ages **9-13** for participation in a research study.

You and your child will spend two hours at our center filling out questionnaires and completing two non-violent computer games.

Each parent will receive **\$25** in cash for completing these forms and your child will receive **prizes** valued up to **\$25** such as children's books, gadgets, and toys.

The study takes place at the Center for Addictions, Personality, and Emotion Research at the University of Maryland's College Park campus

If you are interested and want to know more about our study,



please call us at (240) 688-8137 or email us at caperchildstudy@umd.edu

Sponsored by the National Institute on Drug Abuse

Do you have NARCOLEPSY?



Have you been diagnosed with narcolepsy and are between the ages of 18 and 65?

A new research study is enrolling to test an investigational medicine for excessive daytime sleepiness associated with narcolepsy. Qualified participants will receive study-related care at no cost and will be compensated for time and travel.

For more information contact:

The Center for Sleep & Wake Disorders
301.654.5665 • research@sleepdoc.com

Chevy Chase, Maryland/Friendship Heights Metro

Do something to talk about on Monday...

Weekend

Find it in The Washington Post.

Get 52 weeks of convenient Sunday home-delivery for just **77¢ a week** or 7-day home-delivery for only **\$1.81 a week!**

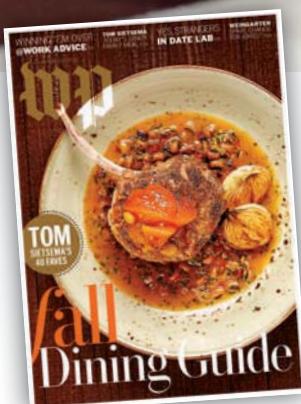


To subscribe, call toll-free:
1-800-304-6742, Ext. 7
or visit
wpsubscribe.com/newyear2013x

The Washington Post
If you don't get it, you don't get it.

The best gourmet pizza in the area...

Find it in The Washington Post.



The Washington Post
If you don't get it, you don't get it.

Get 52 weeks of convenient Sunday home-delivery for just **77¢ a week** or 7-day home-delivery for only **\$1.81 a week!**

To subscribe, call toll-free: **1-800-304-6742, Ext. 7**
or visit wpsubscribe.com/newyear2013x



Have you been diagnosed with major depression?

Do you continue to have symptoms despite having taken anti-depressant medications?

Explore another option for treatment-resistant depression

cbhhealth, LLC is currently enrolling participants in a clinical research study to look at the effectiveness of an investigational medication that may help with the symptoms of treatment-resistant depression.

You may qualify if:*

- You are 18 to 64 years of age
- Have a current diagnosis of Major Depression
- The antidepressant medications you have taken only partly relieved the depression symptoms or did not help at all

Study-related procedures and study medication will be provided to qualified participants at no cost. Compensation for time and travel expenses will also be provided.

Please Contact 1-888-DRUG-TRIALS or 301-251-4702 Today To Learn More

*Additional criteria will be assessed by the study doctor to confirm your eligibility for this study

TR D2002-ENG23
Version 1.0. 11May2012

Sports



During an interview set to air Thursday, Lance Armstrong (seen in this 2009 photo) confessed to Oprah Winfrey that he doped.

express advertising works

“Thank you Express advertising department. Finally, an ad with immediate impact! As a small business, PCRetro Inc. spends our money wisely, and the day our ad ran in your paper, our phones were off the hook and the cash registers were ringing in all our stores. That's proof of money well spent! We greatly appreciate what advertising in Express has done for our stores, and look forward to more ads to follow with the same grand success.”

— Christopher Scott, Owner, PCRetro Inc.

Express can work for you too

For advertising information, call 202-334-6732, or email ads@readexpress.com

express

X608 2x6.5

Armstrong Tells Oprah He Doped

Cycling

Lance Armstrong confessed to Oprah Winfrey during an interview Monday that he used performance-enhancing drugs to win the Tour de France, a person familiar with the situation told the Associated Press.

The person spoke on condition of anonymity because the interview is to be broadcast Thursday on Winfrey's OWN channel.

Before the interview, Armstrong addressed the staff of his Livestrong Foundation and said, "I'm sorry," a person with direct knowledge of the meeting told AP. The person said the disgraced cyclist choked up and that several employees cried during the session.

Armstrong was stripped of all seven Tour titles last year following a voluminous U.S. Anti-Doping Agency report that portrayed him as a ruthless competitor, willing to go to any lengths to win the prestigious race.

Legal Issues

Lance Armstrong is still facing several legal problems:

- Former teammate Floyd Landis has filed a federal whistle-blower lawsuit accusing Armstrong of defrauding the U.S. Postal Service, a team sponsor.
- The London-based Sunday Times is suing to recover about \$500,000 it paid Armstrong to settle a libel suit.
- Dallas-based SCA Promotions, which tried to deny Armstrong a promised bonus for a Tour de France win, threatened to bring yet another lawsuit seeking to recover more than \$7.5 million an arbitration panel awarded the cyclist in that dispute.

After a federal investigation of the cyclist was dropped without charges being brought last year, USADA stepped in with an investigation of its own. The agency deposed 11 former teammates and accused Armstrong of mastermind-

ing a complex and brazen drug program that included steroids, blood boosters and a range of other performance-enhancers.

Monday's interview was conducted at a hotel in Austin, Texas, where Armstrong was joined by a group of about 10 close friends and advisers. Among them were Armstrong attorneys Tim Herman and Sean Breen, along with Bill Stapleton, Armstrong's longtime agent, manager and business partner. All declined to comment while entering and exiting the session.

Soon afterward, Winfrey tweeted: "Just wrapped with @lancearmstrong More than 2½ hours. He came READY!" She was scheduled to appear on "CBS This Morning" on Tuesday to discuss the interview.

In a text to the AP on Saturday, Armstrong said: "I told her [Winfrey] to go wherever she wants and I'll answer the questions directly, honestly and candidly. That's all I can say." JIM LITKE AND JIM VERTUNO (AP)



A New No. 1: Louisville, taking advantage of weekend losses by Duke and Michigan, is No. 1 in the Associated Press' college basketball poll. With five teams receiving first-place votes, Louisville was No. 1 on 36 of 65 ballots Monday. Indiana jumped from fifth to No. 2, and Duke dropped two spots to third. No. 4 Kansas and No. 5 Michigan rounded out the top five. Georgetown, ranked 19th last week, dropped out of the AP poll after losing to Pittsburgh on Jan. 8. (AP)

fit



Guinea Pig | Legit Enough for Fit

So much prepackaged popcorn fails the "window to weight gain" test, which is performed (per the 1995 "Simpsons" episode "King-Size Homer") by rubbing food against a piece of paper. If the paper turns clear, the food is your window to weight gain. Popcorn, Indiana's new Fit line of popcorn (at major grocery stores), which promises 40 calories and 2 grams of fat per cup, did not produce the window after five minutes of aggressive rubbing. It is truly worthy of the name Fit. Just like this section!

Get Into the Swing of Things

Kettlebell instructor Paul Katami explains why his favorite weights outsmart dumbbells

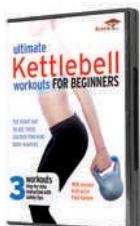
What's that round heavy thing? No, I don't mean you! I'm talking about the cannonball-shaped weight with a handle called a kettlebell. If you picked up a few pounds over the holidays, that's what Paul Katami thinks you should grab next. The Hollywood trainer — whose new DVD, "Ultimate Kettlebell Workouts for Beginners" (\$17), provides a tutorial session and two additional 25-minute routines — explained why you should ring in 2013 with a kettlebell.

How did you get into kettlebells?

I did a kettlebell workout with a trainer seven years ago. I couldn't walk the next day. It was an epiphany that my muscles could be worked in a different way. The kettlebell changes the power and force in your body, and the center of gravity is displaced, so you have to create unique ways of dealing with those forces. And with kettlebells, you're thinking about cardio and muscle conditioning, but also range of motion and agility. The other thing I love is how much you have to think. I see people making shopping lists in their head because they've gotten so familiar with bicep curls. With kettlebells, they have to focus.

Why is form such a big deal on the DVD?

I just taught a four-hour kettlebell workshop and we were in this studio with glass windows, and through it, we could see a guy doing the worst kettlebell swings imaginable. Form is the most important thing with kettlebells. It's a new way of looking at a squat, figuring



Instructor Paul Katami, middle, emphasizes proper form in the DVD "Ultimate Kettlebell Workouts for Beginners."

out how to create momentum. You're going to struggle through these things.

Your exercise combinations aren't typical kettlebell moves.

I was only doing Olympic lifts, but then I got interested in using bells for more movements. In plank, I can use a kettlebell for rotation. You have to balance on the other hand, while using the core and stabilizing the shoulders. With the combination side lunge, bicep curl, then backward lunge and row, you can't lose mental focus. It keeps people on their toes.

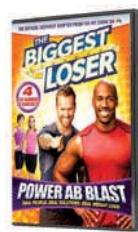
How do you know what the right kettlebell weight is for you?

There are grinding movements, like bicep curls. And there are power and momentum moves, like the swing, and for those you can use one that's slightly heavier. I always encourage people to have more than one and go with what feels right. Pick up a bell and try a few exercises. If you can do a minute of swings and aren't feeling much, you need to go heavier. VICKY HALLETT (EXPRESS)

COURTESY ACACIA LIFESTYLE.COM

Watch & Burn

Working out to these new DVDs must be a blast. At least, that's what their titles say. V.H.



"The Biggest Loser: Power Ab Blast" (\$15)

If the contestants on "The Biggest Loser" can do it, you can, too. That's the familiar formula on this disc, which features four core workouts led by trainers Dolvett Quince and Bob Harper: "Standing Abs," "All Out Abs," "Yoga Abs" and "Cardio Abs." The routines go by quickly — three are just 10 minutes — and prove that an ab workout doesn't have to be limited to crunches (although they do make an appearance). **Sample Exercise:** "Woodchopper." Stand up and hold a dumbbell in both hands above one shoulder. Then step forward with the opposite leg and lunge, while bringing the weight across the front knee.



"Ballet Beautiful: Body Blast" (\$15)

Mary Helen Bowers is an impossibly graceful lady with a sweet voice. And after a few minutes of hearing her count "1-2-3-4-5-6-7-8" over soft piano music, you will hate her. But if you're looking for an effective, low-impact workout, you'll be back for more "Classic Swan Arms." That's one of four 15-minute routines on the disc — there's also a total body workout and "Butt Series" parts 1 and 2. **Sample Exercise:** "Ballet Bicycles." Sit on the ground, lean back on your palms and extend one leg forward while bringing the opposite knee to your chest. Alternate legs, and try lifting your hands up.



"Dr. Lisa: Yoga Blast" (\$17)

Lisa Masterson, co-host of "The Doctors," leaves the instruction up to trainer Elise Joan. (Dr. Lisa mostly interjects with proclamations about the medical benefits of exercise.) Your clue that this isn't traditional yoga comes when Joan introduces the "first hip-hop move." Of three 20-minute workouts, only "Power Stretch" is mostly yoga poses. But overall, it's a well-rounded routine suitable for beginners. **Sample Exercise:** "Funky Chair." Standing up, lift a leg and place that ankle above the opposite knee, then squat down. While balancing on the leg, fold your arms and chest forward, then lift back up.

baggage check

Don't Need A Detective To Solve This

QI have spent my adult life dating the world's most emotionally unavailable men. Now that I'm 28 and newly single (again), I wonder if I'm just cursed? Some friends and family tell me that it must be the type of men I'm picking, but the truth is, I never pick them. They pick me. Now if I could legally complete a relationship background check on every potential date, there wouldn't be a problem. But since I can't, how do I distinguish the wasteful rubbish from the good guys? **TOTALLY CONFUSED**

"I never pick them. They pick me." There's your first problem. My guess is that you don't give yourself per-



mission to seek out good people and to have the confidence to believe that you deserve them.

And, yes, the not-so-good ones might smell this lack of assertiveness on you and believe that you'll be a convenient, low-effort choice.

You talk about wanting to know

more about these men, but what you really could use is to learn more about yourself. A good counselor can help illuminate the beliefs and emotions that are leading you down paths that aren't good for you and put a plan in place to help you choose better.



Evidence-based treatment for Eating and Weight Disorders

Our team of licensed clinical psychologists and registered dietitians are accepting new appointments.

Offering services to children, adolescents, and adults

Our Services Include:

Maudsley Family Based Treatment

Eating Disorder Intensive Outpatient Programming (IOP Program)

The DC Metropolitan Region's only evidence-based Eating Disorder Intensive Outpatient Program

Individual, Family, and Group Behavioral Health Interventions for

Feeding Disorders • Anorexia Nervosa • Bulimia Nervosa •

Binge Eating • Body Image Concerns • Trauma • Weight Management •

Weight Loss Surgery • Anxiety and Mood Disorders

Nutrition Counseling

Weight Loss Surgery Psychological Evaluations

Consultation regarding Behavioral Health

WHO WE ARE

Joanna Marino, PhD
Cara Schmid, PsyD
Sapna Doshi, PhD
Julie Bowman, MS, RD

Potomac Behavioral Solutions

2001 Jefferson Davis Highway
Suite 211, Arlington VA, 22202
(located one block from the Crystal City Metro)

571-257-3378

www.pbshealthcare.com

jmarino@pbshealthcare.com

A Best Friend Or a Big Fraud?

QMy best friend is dishonest about a lot of stuff, especially related to money. I know for a fact she fudges on her taxes and overstates on her expense reports, and I once caught her giving me the wrong amounts of money for rent and utilities. (That's one of the reasons we don't live together anymore.) She has lots of good qualities in other ways, but I'm wondering how to confront her to get this other behavior to stop.

FRUSTRATED FRIEND

ship will continue?

It's admirable that you want to change this behavior. But the fact is that, at best, she has a pattern of thievery, dishonesty and manipulation and may always have that — despite whatever magical "good" qualities she has. And, at worst, she's breaking into your bank account as we speak.

There's only so much you can do for her. Say your piece, couched as concern about her well-being. If she chooses to listen to you, help her get connected with a professional to work on breaking these patterns. If she doesn't listen, though, you need to come up with your exit strategy — before your paychecks go missing.



Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (FriendshipFix.com).

By Dr. Andrea Bonior

Rock Your Resolution

JOIN TODAY
and pay just \$39.99 a month

MONTH TO MONTH*

FREE World Famous Classes that will **BLOW YOUR MIND!**

Zumba • Personal Training • Free Weights • TRX
Anti-Gravity Yoga • Spin • Karaoke Spin
Strength Training • Zumba Sentao
POUND Rockout Workout

CRUNCH FITNESS

Friendship Heights
2 blocks from Friendship Heights Metro Station
5100 Wisconsin Ave. NW
202-621-7622

Metro Center
1 block from Metro Center Station
555 12th St. NW
202-621-6698

Rock Your Resolution

JOIN TODAY
and pay just \$39.99 a month

MONTH TO MONTH*

FREE World Famous Classes that will **BLOW YOUR MIND!**

Zumba • Personal Training • Free Weights • TRX
Anti-Gravity Yoga • Spin • Karaoke Spin
Strength Training • Zumba Sentao
POUND Rockout Workout

Check out crunch.com for more info!

Find us on Facebook

*No commitment. Enrollment fees apply. Offer ends 1/31/13. Must provide local ID/18 & up please.

wellness lookout

Mommy's Last Strand

The stress of being a parent isn't what causes postpartum women to lose hair

Add postpartum hair loss to the list of yucky pregnancy side effects no one ever tells you about.

"I didn't expect it at all," says Marlin Karst, 28, of Rockville, who found the part in her hair widened to about an inch four months after she had her son in July. "It was really, really stressful and sort of depressing to see your hair like that, and I couldn't do anything about it."

Postpartum hair loss is a real — but temporary — phenomenon, says Dr. Kathryn Marko, assistant professor of obstetrics and gynecology at the George Washington University School of Medicine and Health Sciences.

"Each hair and each hair follicle has a normal life cycle where it grows and it goes through a resting phase and it sheds," says Marko, who became a mom about four months ago. "What happens when you're pregnant is that the majority of hairs will go into the same

Locks Loaded

When it comes to postpartum chaos, I've experienced a lot. My daughter, 3, spent her first week in the neonatal ICU. A year later, I had surgery to relieve "mommy thumb" (tendinitis) in my left wrist. And four weeks after my son was born in August, he underwent emergency surgery to remove a life-threatening intestinal blockage. You'd think after all that a little extra hair on the bathroom floor wouldn't faze me. And maybe it wouldn't have if I weren't also seeing strands in the kitchen, basement and family room.

So I turned to the postpartum hair-loss treatment at Bella Bethesda (4733 Elm St., Bellabethesda.com) for some pampering and a sense of control. Stylist Megan Atkinson recommends a four-part regimen developed by French hair-care line Phyto specifically designed to combat temporary hair loss.

It started with a \$15 in-salon scalp massage with an oil from Phyto that contains rosemary,



TEDDY WOLFF/EXPRESS

Bella Bethesda's Megan Atkinson helped Stephanie Kanowitz treat her hair loss.

sage, cypress, eucalyptus and lemon. That sat and worked its tingly magic for 15 minutes before Atkinson washed it out. It was nice to have a few minutes of solitude that many moms are hard-pressed to find.

The rest has been homework. I'm using Phyto products — a grape seed- and ginkgo biloba-infused shampoo (\$24) and a leave-

in serum (\$50) — three times a week and taking Phytophanere (\$50), a daily dietary supplement made with vitamins A, B, C and E, plus Omegas 3 and 6. The shampoo is really watery but makes a ton of suds.

Atkinson says I can expect to see a difference in four weeks, but at three weeks, I can't say I notice a change yet. s.k.

life cycle."

Translation: All the hair that's sitting pretty in the growth and resting phases lets go three to five months after childbirth when hormones stabilize.

"It was really, really stressful and ... depressing to see your hair like that."

— MARLIN KARST, 28-YEAR-OLD MOM FROM ROCKVILLE

"It's the normal hair that you would have been shedding. It's just that they're all coming out at the same time," says Marko, who notes that women can minimize loss by brushing their hair gently, using lots of conditioner and avoiding tight hair ties that can strain the scalp.

Several salons, including Bella Bethesda (see box), offer treatments to address postpartum hair loss. Marko says those methods won't hurt but that the best course of action is patience.

Something is beginning to work for Karst, who cut her hair and started using organic hair products.

"I have a long way to go until these little hairs grow," Karst says. "But at least they're growing."

STEPHANIE KANOWITZ (FOR EXPRESS)

Flu Myths Debunked

2013 is already shaping up to be the nastiest year for the flu in at least a decade. The good news: There's still time to get this year's flu shot, and it's effective against the strains currently circulating, says Robert Couch of the department of molecular virology and microbiology at Baylor College of Medicine. If you're resisting the shot because of false impressions, it's time to get the facts straight.

Myth: The flu shot causes the flu.

The shot won't give you the virus, since it's filled with

dead material that can't replicate in your body, Couch says. If you get sick after your shot, it's from a different bug, or you're having a mild reaction to the injection.

Myth: The shot has nasty side effects. While some people experience a bit of aching in their arm, it's usually for only a day or two, Couch says.

Myth: You don't need to get it every year. The virus that causes the flu mutates every year, and the vaccine is most effective at stopping the flu when it closely matches the bug.

Scientists meet each year to decide which strains to target.

Myth: The flu shot doesn't work. Couch admits that the vaccine's effectiveness varies year to year — depending on how good a job the scientists did predicting the strains most likely to hit — but it often averages out to around 70 to 90 percent protection. Think of it this way: Even when the scientists guess wrong, the shot still provides some protection against the illness. SCOTT

ROSENFIELD (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)



Looks

Pampered Like POTUS

Imagine you'll be the one taking the oath of office when you show up at Aura Spa at Vida Fitness (1517 15th St. NW and 999 9th St. NW, Auraspa.net) by Jan. 22 for one of its inaugural treatments. "The Inauguration Express" (\$175), a 30-minute massage, a 30-minute facial and a 30-minute pedicure, is a quick routine to get ready for those balls. "The massage calms you down after going from one thing to another, and you'll want your feet to look good in those high-heel stilettos," says sales and marketing manager James Kameen. Or, make an executive decision to get the Presidential Treatment (\$300), a 90-minute body polish and massage followed by a 60-minute facial. In honor of the guy who's the real deal, Vida Fitness is also offering a \$44 "inauguration rate" this

Friday through Monday. (That's the enrollment fee. Monthly membership cost varies by location.)



INAUGURATION WEEKEND SALE

ONLY **\$44** TO JOIN

FRIDAY 1/18 THRU MONDAY 1/21

MAKE **FITNESS** A
lifestyle
IN 2013

5 GREAT URBAN LOCATIONS

WWW.VIDAFITNESS.COM

follow us on +

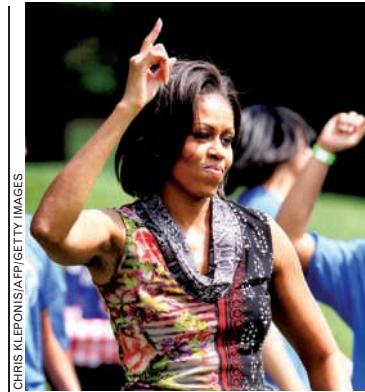


fit phys ed

Four More Sore Years

Salute the very fit first family at these inaugural workouts

If this presidential inauguration is anything like the one four years ago, it'll involve lots of standing on the Mall — and in line at Ben's Chili Bowl. Want more exercise this time? Try one of these events before the swearing-in. (In a nod to democracy, all are open to the public.)



CHRIS KLEPONIS/AFP/GETTY IMAGES
Michelle Obama's probably too busy this weekend to attend these events.

The Inaugural Workout

Results Gym, 315 G St. SE; Sat., 2-5 p.m.; \$40; 202-234-5678; to sign up, email Harolds@resultsthegym.com

"There are balls, parties and a parade. There's so much energy in the city. We need a workout," Results Gym's Harold Sanco realized back in 2009. That's why Clay Grant and Calvin Wiley, Sanco's two favorite New York-based fitness instructors, will be among the thousands of people descending on Washington this weekend. The plan is to have Grant pump up the crowd with a Body Bar sculpting class, then launch into Wiley's Calvinography dance class (a blend of modern, jazz and hip-hop). In between, participants will get a break to catch their breath and win raffle prizes.

Living in America

The Sports Club/LA, 1170 22nd St. NW; Sat., 8:30 p.m.; \$35 for members, \$50 in advance, \$75 at the door; Yalafitness.com

This tribute to Michelle Obama is taking her "Let's Move" directive seriously. After a Lululemon fashion show, Yala creator Laurent Amzallag will lead a sweaty dance workout to tunes inspired by the first lady. "More Than a Woman" is on the playlist, as is "Gangnam Style." (Psy performed his hit at the White

House's Christmas in Washington benefit.) Expect an appearance by the singer Mya — of "Ghetto Superstar" fame — and a whole lot of ladies showing off their Michelle Obama arms. Stick around for after-party nibbles from Energy Kitchen and low-calorie Bacardi cocktails.

Yoga Ball 2013

St. Francis Hall, 1340 Quincy St. NE; Sun., 4 p.m.; \$50 in advance, \$60 at the door; Brownpapertickets.com/event/315644

All the state societies have balls, so why not the state of well-being? The D.C. Area Yoga Community, YogaVotes and Off the Mat and Into the World are inviting yogis to "set a positive intention for the new presidential term" by partaking in a two-hour practice led by Faith Hunter, owner of Embrace studio in Adams Morgan. That'll be followed by a vegetarian meal courtesy of D.C. Central Kitchen, as well as live music, meditation and chanting.

VICKY HALLETT (EXPRESS)



lookout



Summer Heir
Will and Kate's baby is due to be born in July **31**

Sound Bets



Language Lessons

Being 21, rising New York rapper

Azealia Banks tweets a lot.

Banks, known for the 2011 viral hit "212," is openly bi — new terrain for hip-hop. The gay world brings its own linguistic landmines. Like the N-word, terms are coded and use has much to do with ownership.

About a week ago, Banks got into it on Twitter with rapper Angel Haze. Perez Hilton jumped in, and Banks called him "a messy faggot." She described the slur as "any male who acts like a female." And said: "As a bisexual person I knew what I meant when I used that word."

GLAAD condemned Banks, and rumors flew that Interscope threatened to drop her. (Her first full album, "Broke with Expensive Taste," is due this year.)

This is not a good look. However, as a fellow queer, I see the layers at play. She took a white, powerful, mainstream-gay man down a peg with a word that would be considered "reading" (dressing down) in a gay club — which Twitter is not. Banks got policed hard while Perez (who called Will.i.am that word in 2009) successfully calculated the publicity boost.

Most depressing to me, though, is that, even gay to gay, the worst thing Banks could think of to call a man was a woman...

Connect with Shauna on Twitter:
@shaunajmiller



By Shauna Miller



COURTESY UNIVERSAL MUSIC GROUP

Pop singer and British import Jessie Ware takes her songwriting cues from young love

Music

Jessie Ware flashes back to a Dublin gig last year. The bass bumps, the lights flare, the British singer squints into the crowd. "And there's this couple slow dancing together like nobody else was in the room," Ware says. "I thought, 'Oh, sod me. I just want to watch them!' It was so romantic. Agh! It killed me!"

Funny, though. This was exactly how Ware had intended it.

The 28-year-old Londoner — who performs at D.C.'s 9:30 Club tonight — says she conceives her elegant R&B songs by visualizing high school gymnasiums filled with

balloons, bunting, pheromones and expectation. "I'm mad about teen films that always end up at proms," Ware says. "[Songwriting] is, like, me playing teen flicks in my head."

Ware's ability to capture the heat of an adolescent blush with

"I'm mad about teen films that always end up at proms. [Songwriting] is, like, me playing teen flicks in my head."

her cool, Sade-inspired alto speaks to the gorgeous in-betweenness of her music. Her debut album, "Devotion," works as well on a Saturday night dance floor as it does during a Sunday night bubble bath.

Backstory

Seeking 'Devotion'

Jessie Ware's five-song teaser EP, "If You're Never Gonna Move," lands in America on Tuesday, while her full-length debut, "Devotion," released in England last summer, will get an official U.S. release later this year. (You can hear both releases right now online.) (TWP)

And with Adele's "21" refusing to extract its fangs from Billboard's jugular, Ware is one in the latest wave of British soul chanteuses hoping to make a dent in the States.

Ware's delivery isn't as muscular as Adele's. It isn't as overwrought, either. Steeped in late-'80s R&B sensibilities — think Whitney Houston, Pebbles — and gently pushing

toward the future, her voice glows amid the detailed electronic timbres of right now. "It's about combining them tastefully," Ware says.

On the road, as a back-up vocalist for London singer Jack Penate, Ware found her confidence behind the mic, she says. Now, she's searching for that same courage in her songwriting, a process that daunts her, but, once underway, feels natural.

And isn't that a lot like the love she's trying to sing about anyway?

"Yeah, it's like I had a really tricky love affair with songwriting," Ware says. "People can be very scared of love, but once it starts..."

She trails off, maybe dreaming of some prom somewhere.

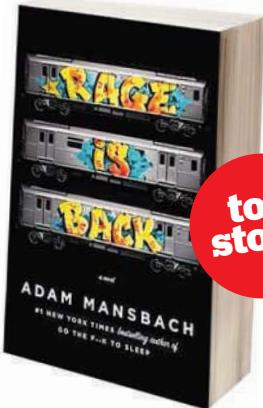
CHRIS RICHARDS (THE WASHINGTON POST)

● **9:30 Club, 815 V St. NW; Tue., 7 p.m., \$18; 202-265-0930, 930.com. (U Street)**



Don't Force It: "300" director Zack Snyder is developing a "Star Wars" film set within the franchise's galaxy, but separate from the upcoming trilogy of new films, *Vulture.com* reports. The movie would be a Jedi epic loosely based on Akira Kurosawa's 1954 film "Seven Samurai." The project will likely be considered a standalone "Star Wars" film, outside of the numbered episodes. Snyder's next film is the Superman reboot "Man of Steel." (EXPRESS)

lookout entertainment



top stops

1 Furious Fellow

Adam Mansbach made a splash in 2011 with the children's-book-for-adults "Go the [expletive] to Sleep" — but he's an actual writer too, as his new novel, "Rage Is Back," proves. It's about a drug-dealing prep school boy in New York and his long-lost graffiti artist father, Billy Rage. *Sixth and I Historic Synagogue, 600 I St. NW; Tue., 7 p.m., \$10 or get two free tickets when you buy the book; 202-408-3100, Sixthandi.org. (Gallery Place)*

2 Remember: Stay Alert!

When you walk around town, do you notice things, or are you plugged into headphones and checking your phone? In her latest book, "On Looking," Alexandra Horowitz examines how much we miss when we tune out the world around us and offers ways to focus on what's really happening. *Politics and Prose, 5015 Connecticut Ave. NW; Tue., 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)*



THE END RECORDS

3 'Fight' in Flight

Poet, singer-songwriter and fiddle player Emilie Autumn fronts a style we're going to call "steampunk industrial" — similar to the vibe Amanda Palmer is working. She's got a flair for the Victorian and for glammey burlesque, which you can't really go wrong with if you're looking for drama. Her latest album, 2012's "Fight Like a Girl," touches on some of her experiences with mental illness. *Rock and Roll Hotel, 1353 H St. NE; Tue., 7 p.m., \$20; 202-388-7625, Rockandrollhoteldc.com.*

Do you have asthma?



National Institutes of Health, Department of Health and Human Services

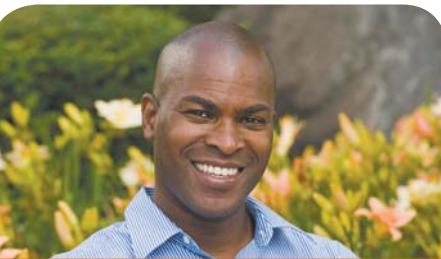
Participate in a study at NIH.
Call 1-800-411-1222
Se habla español
TTY: 1-866-411-1010
Compensation will be provided.



AFRICAN STUDY

A study at NIH is recruiting healthy black African men and women to understand diabetes and heart disease risk in Africans.

Were You
Born In Africa?



Must Be:

- Born in Africa
- 18-65 years old
- Requires 3 visits
- Compensation provided
- Refer to study # 99-DK-0002

Please call (301) 402-7119 • <http://clinicaltrials.gov>

Department of Health and Human Services • National Institutes of Health • National Institute of Diabetes & Digestive & Kidney Diseases

GW COLLEGE OF PROFESSIONAL STUDIES
ARLINGTON

ASSOCIATE'S AND BACHELOR'S DEGREES POLICE SCIENCE

Cohort of peers. Multidisciplinary program designed for law enforcement personnel addresses evolving needs of local and regional law enforcement agencies.

One night per week. Attend classes only one night per week, with minimum disruption to work and family life schedules. Core course work for a bachelor's degree can be completed in approximately two and a half years.

Scholarship available. Unique scholarship is awarded to all law enforcement personnel who receive admission to the program, making this degree affordable and convenient.

Now accepting applications for fall admission.

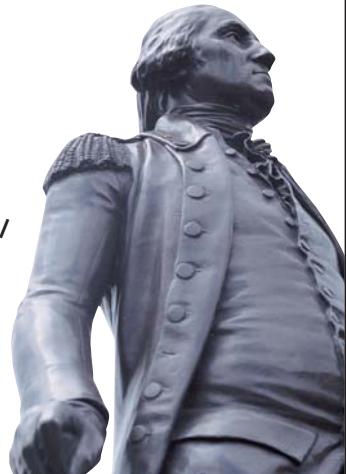
[http://cps.gwu.edu/
police-science](http://cps.gwu.edu/police-science)

For a list of all GW graduate programs, visit [www.gwu.edu/
gradapply](http://www.gwu.edu/gradapply).

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

DC Rider DOWNLOAD FREE.



XX609 2x.25

TV tonight lookout

BEST BETS

PBS
8:00

Pioneers of Television

"Funny Ladies" recalls the funniest women in TV history, from a look at the first female stand-up comedians to appear on TV — including Phyllis Diller, in her final interview — to Lucille Ball's breakthrough on "I Love Lucy" and behind-the-scenes stories from Betty White, left.

SYFY
9:00

Face Off Syfy's most popular unscripted series returns for its fourth season as 14 new aspiring special-effects makeup artists join host McKenzie Westmore and judges Ve Neill, Glenn Hetrick and Neville Page.

ABC
9:31

Don't Trust the B---- in Apartment 23 Observing June and Mark's obsession with a dating show on TV, Chloe urges her roommate to get out and find a guy. She does — the same one Chloe fancies. Soon, James (James Van Der Beek, right) comes up with challenges for them to compete in for the guy's affection.

FX
10:00

Justified Family secrets in Harlan — imagine that. Raylan (Timothy Olyphant) crosses paths with a dangerous family hiding something dark, while Boyd (Walton Goggins) deals with a snake-handling preacher. (TRIBUNE MEDIA)



'THE ULTIMATE GUIDE TO THE PRESIDENTS'

American History: Loud and Proud

HISTORY
9:00

This eight-part series, airing back-to-back episodes nightly through Friday, takes the use of period illustration and two-dimensional renderings to new, overcaffeinated extremes. "Presidents" opens with a thundering score that sounds a bit like the theme to "Game of Thrones." We see re-enactments of cannons firing, soldiers shooting and other macho stuff. Dudes, this ain't history for sissies! Once it settles down to discussing the presidents, one administration at a time, the series makes an almost manic use of old images, conflating them into mini dioramas accompanied by loud, bombastic, faux Wagnerian music reminiscent of vintage "NFL Highlights" scores. It's as if their purpose is to keep viewers awake during all that dry academic stuff. But we history nerds don't need much to keep us interested — you can turn down the volume! KEVIN MCDONOUGH (UNIVERSAL UCLICK)

The Capitol Deal

Today's Deal

arena stage

**Arena Stage presents
Good People**

**Weekday, Weekend and Matinee
Tickets from \$43.20**

Save 52%

A dark comedy set in today's trying economic times, Broadway smash hit *Good People* comes to **Arena Stage**. (Discount tickets available Feb. 1-17)

SW Waterfront – Washington, D.C.

This special deal only available for purchase until 11:59pm, 01/17/13. All Capitol Deals must be purchased at thecapitoldeal.com

Get local deals e-mailed to you, for **FREE**. thecapitoldeal.com

Delivered to you by: **The Washington Post**

FOX | Online MBA

The FOX ONLINE MBA is ranked 8th nationally for Student Services and Technology by *U.S. News & World Report*.

DISCOVER THE POWER OF FOX®
www.fox.temple.edu/DCExpress
 Text OMBA to 69302 for more info

Fox School of Business
TEMPLE UNIVERSITY®



MEGA JOBS

MEGA in
express
January 14-18

MEGA in
The Washington Post
January 13
2nd Chance MEGA in
The Washington Post
January 20

MEGA on
washingtonpost.com
January 13-27

Call 202-334-4100
today to place your
MEGA ad

express marketplace

JOBS • RENTALS • HOUSES • WHEELS
• STUFF • AND MUCH MORE...

TO PLACE A
CLASSIFIED AD CALL

202-334-6200

HELP WANTED
(JOBS) ADS CALL

202-334-4100

CREDIT CARDS ACCEPTED



JOBS

Air Compressor Service Tech, \$30/hr
Capital Compressor is looking for an experienced air compressor service tech. Must be familiar w/ recip & rotary screws.
Send resume to jilee@capitalcompressor.com or fax to 703-365-0007.

ANIMAL CONTROL OFFICER (Temporary)

Six-month assignment for an experienced ACO. Will also consider a job-share arrangement for two part-time animal control officers. Duties include: patrolling the City for stray, sick and injured animals; answering calls 24/7 for complaints and concerns from residents regarding animals; consulting for wildlife management or other animal control issues; transporting animals to county shelter or rescue facilities; issuing citations to residents who are not in compliance with animal control regulations; conducting animal cruelty investigations; developing and presenting educational materials for community and professional groups. The ACO will also represent the City at animal management committees and organizations. Must also be able to communicate and work effectively with residents and City and county officials. Minimum requirements are H.S. graduation or equivalent, one year experience performing animal control duties or similar activities, valid driver's license, and physical ability to stoop, bend, crawl, climb, lift up to 50 lbs., and drive a light truck. Preference will be given to applicants with NACA certification and more than minimum applicable education and experience. Schedule will vary. Wage commensurate with experience.

Please apply online at www.collegeparkmd.gov. For best consideration, please submit application by 1/25/13. EOE

AUTOMOTIVE FINANCE DIRECTOR

A multi-Franchise dealership is looking for a highly qualified Automotive Finance Director with at least five years' experience. Must have trackable F&I and CSI numbers. Requires strong communication skills, strong Sub Prime background, ability to lead and be team player. Oversee two F&I Managers. Developing position that will require 55-60 hours per week as an active F&I Director. Excellent reward in pay based on department production. Excellent benefits including Health and Dental insurance and 401K. We are EEOC and a Drug Free Workplace. References required.

For a confidential interview please contact
Kay Walker by email only at:
kwalker@idealcarstrucks.com

AUTO TECH High volume Olney, MD shop is looking for an **auto tech** with minimum 5 yrs experience. Maryland inspection is a plus. Also looking for a **service writer** with minimum of 5 yrs exp. Email resume graevesappliance@aol.com

Barber Licensed
2 yrs exp. No booth rent. PT. 301-974-7700
or email barbertogo@hotmail.com

DENTISTRY

Dental Assistant
Endodontic specialty office in Chevy Chase, MD seeks a highly motivated dental assistant. Applicants must be computer literate. Good communication skills and teamwork are essential. Full or part time will be considered. Please email your resume to cceofficemanager@gmail.com

DRIVERS NEEDED
Service accounts. Drive Hummer, BMW, Mercedes. Cash daily. Salary + Commission. Medical benefits. Will train. Limited opening. 410-234-2050 202-261-6651

GOVERNMENT CONTRACTS
Innovative Solutions for a Changing World
www.blhtech.com
COMMUNICATIONS / GLOBAL PUBLIC HEALTH
RESEARCH/TECHNOLOGY SOLUTIONS

Join our team as we focus on international health issues; analyze and construct training and communication programs; build technology tools; and disseminate answers and options around the world for Federal contracts. We need talent, energy and experience. Send your story via cover letter, resume and salary requirements to us for review HR@BLHTECH.COM for the following positions:

- Social Science/Health Sciences Program Researchers
- Curriculum Developers/Trainers/Facilitators
- Technical Assistance Experts
- Communication/Outreach Specialist
- Monitoring and Evaluation Specialist
- Health Policy Analysts
- Program Evaluators
- Proposal Writers
- Scientific / Medical Writers/Editors
- Desktop Publishing
- Public Health Specialist
- Call Center Manager
- Program Analyst
- Administrative Assistant
- Budget /Financial Analyst
- Administrative Analyst
- Executive Assistant
- Human Resources Specialist

EOE

JOBS

HEALTHCARE

Director of Program Development

Accordia Global Health Foundation
THE ORGANIZATION: Established in 2004, Accordia Global Health Foundation is a non-profit organization with a proven approach for strengthening health capacity and leadership in Africa. We work in partnership with individuals, corporations, foundations, and governments around the world, to pursue our shared vision of a vibrant healthy Africa where every individual can thrive. More information about Accordia can be found on our website, at <http://accordiafoundation.org>

MAIN FUNCTION: As an integral member of the Accordia team, the Director of Program Development reports directly to the Senior Vice President, Global Health Programs and leads the development of proposals for new programmatic funding, with a primary focus on ensuring the continued success of Accordia's Uganda program, and generating new support for our Nigeria program. This position offers the rare opportunity for a creative and motivated global health professional to have a direct impact on programs to be implemented by an experienced organization, building a stronger health workforce in Africa.

QUALIFICATIONS:

Education: Advanced degree(s) in public or international health.

Experience:

- Minimum of five years professional experience in global health or international development, involving program development, strategic planning, and/or business planning and budgeting
- International experience, preferably in sub-Saharan Africa.
- Substantial and relevant proposal writing experience essential.
- Knowledge of government grant and contracting procedures.
- Willingness and ability to travel nationally and internationally – up to 25% time.

COMPENSATION: Salary is commensurate with experience; excellent benefits package.

Email cover letter, resume & writing sample:
ProgramDevelopmentDirector@accordiafoundation.org
Applications must be received before January 25, 2013 to be considered.

HOME HEALTH

REGISTERED NURSES & LPNS, PHYSICAL THERAPISTS, OCCUPATIONAL THERAPISTS, SOCIAL WORKERS/CASE MANAGERS
District of Columbia Licensed, to work in a reputable Home Health Agency.

Send your resume to BThomas@hmi-usa.com or fax resume to 202-829-9192 or call 202-829-1111.

IT

Business Systems Analyst - Gather & analyze softw. reqs. to determine feasibility of design. Work w/ client, project mgr., QA, & engineers to formulate & design softw. system, eval. functionality of design, monitor testing initiatives, programming & documentation. Util. exp. w/ SQL, object oriented design, modeling principles, system dympt. life cycle (SDLC), Oracle, model diagramming, systems & softw. reqs. gathering/analysis/testing. Job in Arlington, VA. Mail resume/letter/salary reqs. to: E. Steele, Director, Human Capital Mgmt., Dante Consulting, Inc., 5328 Lee Highway, Suite 200, Arlington, VA 22207. No calls.

IT

Computer Programmer: BS in Eng related. 5 yrs of exp. in ITIL, IBM Tivoli (TPM5.1, TADDM7.1, TLMC) & Tivoli Mgmt Syst, AIX Adm, Redhat, Shell, PPerl, SQL, VMware, Hadoop. Travel/Relocation. Resumes to Master Informatix Systems Inc. 22648 GLENN DR # 105, STERLING VA 20164

IT

Innovative Solutions for a Changing World
www.blhtech.com
TECHNOLOGY SOLUTIONS

Join our growing team of IT professionals as we focus on providing innovative products and tools for a broad range of important issues challenging our Federal clients, our nation and the world. We need talent, energy and experience. Send a cover letter, including any security clearances you may have, your resume and salary requirements to us for review HR@BLHTECH.COM for the following positions:

- System Administrator
- Network Engineer
- Network Security
- Project Manager
- SharePoint Trainer/Developer

EOE

IT

Softw. Engineer - Responsible for enterprise business reqs. id., modeling, code generation, app. dympt., server config., database config. & system security analysis & imp. Util. exp. in UML, Java J2EE, C#, ASP.NET, Hibernate, EJB (Enterprise Java Beans), JMS, JET (Java Emitter Templates), Web services (such as JAX-RPC, JAX WS), Java SE Security, Maven, EMF (Eclipse modeling framework), XSD's, JBOSS, Tomcat, IIS, Weblogic, SQL Server, Oracle & knowledge of info. system security/protocols. Job in Arlington, VA. Mail resume/letter/salary reqs. to: E. Steele, Director, Human Capital Mgmt., Dante Consulting, Inc., 5328 Lee Highway, Suite 200, Arlington, VA 22207. No calls.

JOBS

JOBS

INNOVATE LEARN GROW

CoStar Group
Hiring Event
Jan. 17th | 3-7pm

CoStar is hosting a hiring event in our DC headquarters.



We are hiring Research Associates who have a passion for detail, a deep commitment to customer service and an aspiration to make a difference. We require a Bachelor's degree and strong analytical and communication skills.

Register for the event!

Please send your resume to careers@costar.com. A recruiter will be immediately in touch to discuss logistics.

CoStar, the world leader in commercial real estate intelligence.

JOBS

JOBS

PROPERTY MANAGEMENT Maintenance Positions

DC Property Mgt Co. is seeking candidates to fill Maintenance Supervisor & Maintenance Technician positions. High school diploma or GED pref. 0-2 yrs previous exp. Basic knowl of elec, plumbing, boiler equip & inventory control. Must have some basic knowl of applicable laws & regulations governing public housing. Must have valid drivers license. Maintenance Sup. \$16-\$17/hr. Maintenance Tech \$9-\$10/hr. Send confidential resume to admin@kpms-dc.net or by fax (614) 418-5085

Property Management

Leasing Manager

For two properties in Montgomery County. Handle staff, renting of apts, rent collections, and other administrative duties. Experience necessary. Must have a car. Credit and background check required. Email resume to: mgmtcorprentmenow@aol.com

SALES

Inside sales for Constellation Energy. Salary plus Commission. Laurel, MD. Please call 877-240-8954

SALES REP

For inauguration souvenirs. Look at product at prezhead.com Email resume to prezhead2012@yahoo.com or call 541-290-6972

SECURITY

DC Armed SPOs and Armed/Unarmed Maryland Guards
Apply at www.code3securityservices.com/employment

SOCIAL SERVICES

Community Health Worker
(Fairfax County)

North VA non-profit seeks exp case mgr for teen pregnancy program. Qual: bilingual Spanish, know local comm. resources, team player, excellent comm. skills, written, verbal and electronic, valid driver's license. Fax res. with/sal require. to Y. Bailey 703-836-8948

JOBS



Sales Professionals

Start a sales career that allows you to help others while earning an above average income. We are seeking enthusiastic sales professionals that would like a career and the earning potential well over \$100K. In 2011 incomes ranged from \$50K to \$100K+ for all full time Family Service Counselors. We are currently looking for qualified candidates to work at National Memorial Park and King David Memorial Gardens Falls Church, VA. We provide a career with the advancement and training opportunities of a large corporation.

Apply today and discover how rewarding it can be to work with us:

- Excellent income potential
- Can qualify for monthly bonuses
- Paid training
- Benefits/Vacation
- Supportive working environment

For the quickest consideration, email your resume to jon.barker@dignitymemorial.com EOE M/F/D/V

SECURITY

Security Positions - SPOS - Sec Officers. Must be avail to work any shift. DC & MD. Car pref. No record. Retirees welcome. Call 202-554-8075

TELEMARKETERS - METRO ACCESSIBLE
Homefix is hiring for PT/FT positions. Hours are flexible. Usually b/wtn 12p-8p. Exp strongly pref but not necessary. Must have a good speaking voice & desire to succeed. Clean fun work environment w/ exc comm pkgs-hourly. Open interviews, weekdays at 3-4pm at 10301 Democracy Ln Suite 203, Fairfax VA. Call Jake 703-383-0400 or nroberts@homfixcorporation.com

Telephone Fundraiser
NW Washington, DC

If you're a progressive, social, and political-minded individual, we'd like to talk to you. In this position you will work on behalf of our clients, raising money from their members (no cold calling) to advance their missions and causes. As a member of the Share fundraising team, you'll raise funds for: Environmental Protection, Women's Rights, Civil Liberties, Gay Rights and Political Activism. In this position you will see your personal contribution bring about long-lasting rewards -- for you, and for the world.

Candidates with some fundraising experience are preferred and must be able to work evening and weekend hours. You must also pass a background check.

For both PT & FT, we offer an average wage of \$10 - \$15/hour, flexible scheduling as well as a strong benefits package which includes: health and dental insurance, and a generous vacation plan.

Interested candidates, please contact the recruiting office at:
Phone: 202-234-3903
hr@shareco.us

Equal Opportunity Employer

Wait Staff, Bussers, & Kitchen Crew
NEW Northern Italian Cuisine restaurant seeks inspired, high quality team-members that are committed to delivering SUPERIOR customer service. Our ideal candidate will have at least 1 yr of exper. Hard-working, motivated, & energetic can apply within: 900 N. Glebe Road, Arlington VA. Please ask for Ms. Alaina

CAREER TRAINING

CALL DOMINION ACADEMY
202-409-6564 / 240-770-7774
CNA/GNA TRAINING IN 4 WEEKS. MEDTECH.

PHARMACY TECH
Trainees Needed Now
Pharmacies now hiring. No experience!
Job Training & Placement Assistance Available
1-877-240-4524

Are You Unemployed or Underemployed?

Come get FREE EMS Paramedic Training for those who qualify. Must be a DC resident and meet DOES eligibility requirements. Call about your new career today!
(202) 582-LINK(5465)
or email: Thewestlinkci@live.com

CAREER TRAINING

OFFICE SUPPORT TRAINEES NEEDED!

Train to become an Administrative Assistant!

No Experience Needed!

Flexible Training Program can get you job ready ASAP!

1-888-589-9684
CTI Career Technical Institute

Unemployed and/or a Veteran?
YOU MAY QUALIFY FOR
SPECIAL TRAINING GRANT
Call for Details!

CAREER TRAINING

COMPUTER & IT TRAINEES NEEDED!

Train for a career in Computers at CTI!

NO EXPERIENCE NEEDED!

CTI can help you get your IT Certification now!

1-888-567-7649

CTI Career Technical Institute

Unemployed and/or a Veteran?
YOU MAY QUALIFY FOR A
SPECIAL TRAINING GRANT
Call for Details!

CAREER TRAINING

NOW ENROLLING

MEDICAL LABORATORY TECHNOLOGY PROGRAM

CAREER OPPORTUNITIES:

- Hospitals
- Physicians' offices
- Pharmaceutical and medical products companies
- Diagnostic centers
- Inpatient and outpatient clinics
- Many more exciting opportunities



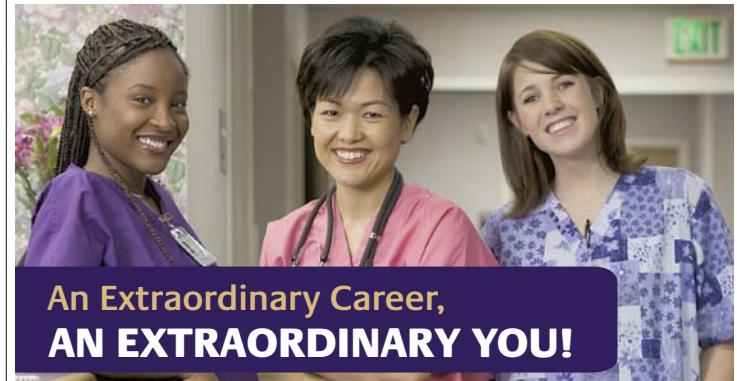
Flexible schedules, career placement assistance for all graduates and financial aid available for those who qualify.

FORTIS
COLLEGE

877-809-9152

www.FortisCollege.edu

For consumer information, visit www.Fortis.edu
4351 Garden City Drive • Landover, MD 20785



An Extraordinary Career,
AN EXTRAORDINARY YOU!

Radians College can prepare you to enter the growing field of nursing.

Make a difference in:

- Nursing homes
- Hospitals
- Urgent care facilities
- Physicians' offices

Our programs include:

- Licensed practical nursing
- Registered nursing



RADIANS
COLLEGE

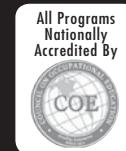
1025 Vermont Avenue N.W., Suite 200
Washington, D.C. 20005

Call Now: 1-888-445-6223 radianscollege.edu

TECHNICAL LEARNING CENTERS

1720 I ST. NW SUITE 200,
WASHINGTON, D.C. 20006
ONE BLOCK FROM FARRAGUT WEST AND NORTH

Visit our Website: www.tlc-corp.com



Hands-on Medical Assistant Training!

Get the skills that Employers want today!

Job Placement Assistance! Financial aid available for qualified applicants.



Full program disclosures at careertechicalinstitute.edu/disclosures



Career Technical Institute

1101 Vermont Ave. NW | **1-888-234-1302**
Washington DC, 20005 careertechical.edu

readexpress.com

CAREER TRAINING

CAREER TRAINING



Where will you be in the new year?

Prepare for an extraordinary new future in healthcare

- Ask about our short-term courses
- Day and evening courses available
- Financial aid available to those who qualify*



Falls Church • Silver Spring • Washington, D.C.

Not all programs available at all locations. SCHEV has certified Medtech, located at 6565 Arlington Blvd., Suite 100, Falls Church, VA 22042, to operate in Virginia. For useful consumer information, please visit us at www.medtech.edu/consumerinfo. *Not all programs apply.

Call Now 1-888-407-8222
aboutmedtech.com

CAREER TRAINING

CAREER TRAINING

MED BILL & CODING
Trainees Needed Now
 Medical Offices now hiring. No experience? Job Training & Placement Assistance Available.
1-866-294-0466

PHLEBOTOMY
Training workshops
 Doctor's Help 301-567-5422

NURSE ASSISTANT
 Med Tech/CPR 19 Days
240-770-8251 OR
240-233-1226

MEDICAL OFFICE TRAINEES NEEDED!
 Train to become a Medical Office Professional!
No Experience Needed!
 CTI can get you trained & Job Ready ASAP!
1-888-567-7685



Unemployed and/or a Veteran?
YOU MAY QUALIFY FOR A SPECIAL TRAINING GRANT
 Call for Details!

CAREER TRAINING

A NEW BEGINNING

FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY

CALL NOW!

1-888-249-8108

Visit us online at

www.SeeEverest.com

Everest

COLLEGE

8620 Westwood Center Drive

Vienna, VA 22182

14555 Potomac Mills Road

Woodbridge, VA 22192

Everest INSTITUTE

8757 Georgia Avenue

Silver Spring, MD 20910

VA Schools are CTO SCHEV.

For useful consumer information, please visit us at www.everest.edu/disclosures.

DENTAL ASSISTANT

Trainees Needed Now!
 Dental Offices now hiring. No experience? Job Training & Placement Assistance Available.

1-800-678-6350

Prepare for an exciting career as a

Massage Therapist

in as little as 9 months!

Call now to get your free
 Massage Therapy
 Career Guide!

888-797-0851

National Massage Therapy Institute

FALLS CHURCH, VA • www.nmti.edu

Become an Electronic Health Records Specialist in 4 Months

Call **202.223.3500**

Medical Assistant Program
Job Placement Available

Call Today **202.223.2500**

Why be Ordinary When You Can be **extraordinary**



Falls Church (main)
 Silver Spring (branch)
 Washington, D.C. (branch)

Not all programs available at all locations. For useful consumer information, please visit us at www.medtech.edu/consumerinfo. SCHEV has certified Medtech, located at 6565 Arlington Blvd., Suite 100 Falls Church, VA 22042 to operate in Virginia.

Call today for more information **202-584-5364** or

visit us online at www.fairlawnmarshallapartments.com

CAREER TRAINING

MEDICAL ASSISTANT
In 10 Weeks
1-800-460-4138
 CTO SCHEV

PHLEBOTOMY
In 10 Weeks
1-800-417-8954
 CTO SCHEV

GET CAREER TRAINING TO BE A PHARMACY TECHNICIAN AT EVEREST COLLEGE!

FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY

CALL NOW!
1-888-249-8093

Visit us online at
www.SeeEverest.com

14555 Potomac Mills Road

Woodbridge, VA 22192

VA Schools are CTO SCHEV
 For useful consumer information, please visit us at

www.everest.edu/disclosures

Everest

COLLEGE

readexpress.com

10/10/12

BUSINESS AND FINANCIAL OPPORTUNITIES

LIMO - Seeking Acquisition of Small Limousine Company in DC.
 Please call 203-219-6269

STUFF

3PC king pillowtop mat. set Value \$499, Asking \$230. Pillowtop Qu mat. set. Value \$289, Asking \$130! New in Plastic. Can Deliver. 301-343-8630

6 Piece Cherry Bedroom Set.
 New in boxes \$305.
 Can Deliver. 301-399-7870

CASH for DIABETIC TEST STRIPS
 Also buying Ensure, Diapers & Nicotine Patches & Gum 202-803-1717
 visit us @ dollarsforstrips.com

readexpress.com

10/10/12

PETS

ADOPT A CAT/KITTEN

Visit checked. Call Feline Foundation.
703-920-8665
www.ffgw.org

FELINE ADOPTION FAIR

SUNDAY, JAN 20, 2013, 1-3PM
 VCA BARCROFT CAT HOSPITAL
 6357 Columbia Pk, Falls Church, VA

Information 703-920-8665 x3
 Feline Foundation www.ffgw.org

Shih-Tzu & Hairless Chinese Crested—\$275 &

\$500. 14 wks & 8 wks yrs old. M&F 202-330-8956

Shih-Tzu & Hairless Chinese Crested—\$275 &

\$500, 14 wks & 8 wks yrs old, M&F 202-330-8956

DC RENTALS

FREE

**GAS HEAT,
 GAS COOKING
 & WATER**

Central A/C,
 Convenient to
 Green Line Metro,
 Onsite Laundry,
 Parking, Vouchers
 Welcome

1 BRS \$775
 2 BRS \$875
 3 BRS STARTING
 FROM \$1200

GREENWOOD MANOR
 APARTMENTS
 M-F 8:30 - 5 PM
 S 10 - 2 PM
 202.678.2548
WWW.DELWIN-REALTY.COM

THE LATROBE
 MOVE-IN SPECIALS!

Studios from \$1,662
 1 Bedrooms from \$2,039
 2 Bedrooms from \$2,849

202-719-5136

www.LatrobeApts.com
 1325 15th St. NW, Washington, DC 20005
 Professionally Managed by OP Property Management, LP

HILLCREST HOUSE
 APARTMENTS
 2501 25TH STREET, S.E. • WASH. D.C. 20020

• Wall to wall carpet
 • Central A/C
 • Laundry room
 • **FREE** gas heat & cooking
 • Secured entry
 • Ample parking
 • Near green line Metro

1BR-FROM \$795-\$850

Mon-Fri 9-5
 Delwin Realty
202-889-3000 • 301-577-7917

HURRY! LIMITED AVAILABILITY

D ELWIN
 APARTMENTS

FREE Gas Heat,
 Gas Cooking & Water

2 BRs @ **\$875**

Min. To National Harbor, Mins. from I 295, I 395, I 495,
 On-site Laundry/Parking, Vouchers Welcome

SPECIAL!

\$200 OFF 1st Months Rent

202.561.4675
 4200 S. Capitol St. Wash. DC 20032

You Can't Beat Our SPECIALS !!
 No application fee
 Deposits as low as \$100
 1 bedrooms at **\$769**

• Wall-to-Wall Carpet
 • Central Heat & Air
 • Intercom Access/Dishwashers
 • Laundry Room in every Building
 • Pool and Playground

River Hill Apartments
202-562-5060
 Professionally Managed By CIH Properties, Inc.

DC RENTALS

2BRs \$895
as Low as \$895
Move In by Jan 31st
Receive (1) Month
Free Rent
Anacostia Gardens
3600 Ely Place S.E., Wash. DC 20019
• Spacious 1, 2 & 3BRs • Central AC/Heat
• 24 hr onsite laundry facilities
• Resident controlled access
• 1 Block from metro & shopping
• Across the street from park & recreation
• Free gas & heat
M-F 9-5 (202) 584-2241

Skyland Village

1-BR. Apartments \$845
(Available Immed.)
WAIVED \$100 HOLDING FEE
• Beautiful Hardwood Floors
• Large Closets
• 24 Hour Maintenance
• Walk To Mall For Grocery, Dining & Apparel
• Laundry & Dry Cleaners On-site
• Metrosbus At Your Doorstep
• 5 Minute Commute to Metro rail
www.wcsmith.com
2333 Skyland Place, SE • Washington, DC 20020
888.252.9887

SE-Fort Dupont. On bus line. Nice 3BR, 1BA house. W/D, carpet & hwd floors. \$1,700. Open house Sun 1/20, 12-4. Call for info. 301-520-9321

SE- Hanover Court. Under new management. 1 BR \$750, 2 BR \$820, 2412 Hanover St. SE, 202-506-6416 NMI Property Management

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY
IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
\$99 MOVE IN
SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 **2 BR fr. \$870**

*See or call Consultant for Details
M-F 9-5, Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW DC - First 3 weeks \$375. \$135 per week after. Males preferred.
Call 202-629-1811 or 202-455-7504

SW - Madison Court Under New Management. 1 BR \$750, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BELTSVILLE - Must see. Spacious 1 BR, 1BA condo, den, family room, W/D, D/W, huge closet & updated amenities. Near shopping, bus & rail. \$1350/mo. + electric. 1 month security deposit required. N.P. Available Now. Contact 301-390-8080

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home. Recent upgrades. No pets. \$2,200 + utils. Sec dep req. 301-925-0002

Addison Chapel Apartments
HAPPY NEW YEAR!
2013 SPECIALS ...2012 PRICING!!
1525 Elkwood Lane • Capitol Heights, MD 20743
(866) 574-7408
INSTANT PRE-APPROVAL
1 BR FROM \$889
2 BR FROM \$959
ALL UTILITIES INCLUDED for a small fee
WWW.ADDISONCHAPEL.COM
*Prices subject to verification

Skyland Village

1-BR. Apartments \$845
(Available Immed.)
WAIVED \$100 HOLDING FEE
• Beautiful Hardwood Floors
• Large Closets
• 24 Hour Maintenance
• Walk To Mall For Grocery, Dining & Apparel
• Laundry & Dry Cleaners On-site
• Metrosbus At Your Doorstep
• 5 Minute Commute to Metro rail
www.wcsmith.com
2333 Skyland Place, SE • Washington, DC 20020
888.252.9887

SE-Fort Dupont. On bus line. Nice 3BR, 1BA house. W/D, carpet & hwd floors. \$1,700. Open house Sun 1/20, 12-4. Call for info. 301-520-9321

SE- Hanover Court. Under new management. 1 BR \$750, 2 BR \$820, 2412 Hanover St. SE, 202-506-6416 NMI Property Management

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY
IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
\$99 MOVE IN
SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 **2 BR fr. \$870**

*See or call Consultant for Details
M-F 9-5, Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW DC - First 3 weeks \$375. \$135 per week after. Males preferred.
Call 202-629-1811 or 202-455-7504

SW - Madison Court Under New Management. 1 BR \$750, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home. Recent upgrades. No pets. \$2,200 + utils. Sec dep req. 301-925-0002

Woodland Springs
Apartments
Special
Move-in by FEB. 1ST 2013
receive 1/2 off Deposit
• 1 BR Starting at \$830
• 2 BR Starting at \$950
• 4 BR Starting at \$1530
• Spacious Floorplans
• Minutes to Metro
• Sparkling pool
301-760-4270
6617 Atwood Street • District Heights, MD 20747

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY
IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
\$99 MOVE IN
SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 **2 BR fr. \$870**

*See or call Consultant for Details
M-F 9-5, Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW DC - First 3 weeks \$375. \$135 per week after. Males preferred.
Call 202-629-1811 or 202-455-7504

SW - Madison Court Under New Management. 1 BR \$750, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home. Recent upgrades. No pets. \$2,200 + utils. Sec dep req. 301-925-0002

PENN LANDING
APARTMENT HOMES
New Year, New Place!
1 Bedrooms from.....\$799*
2 Bedrooms from.....\$1,048*
Bring in this ad & we'll waive your application fee
No Move In Fee! Call Today
301.735.3200
6311 Pennsylvania Ave - Forestville, MD
PENNLANDINGAPTS.COM
*Restrictions apply, prices subject to change.
Please ask a Leasing Consultant for more info.

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY
IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
\$99 MOVE IN
SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 **2 BR fr. \$870**

*See or call Consultant for Details
M-F 9-5, Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW DC - First 3 weeks \$375. \$135 per week after. Males preferred.
Call 202-629-1811 or 202-455-7504

SW - Madison Court Under New Management. 1 BR \$750, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home. Recent upgrades. No pets. \$2,200 + utils. Sec dep req. 301-925-0002

PENN LANDING
APARTMENT HOMES
New Year, New Place!
1 Bedrooms from.....\$799*
2 Bedrooms from.....\$1,048*
Bring in this ad & we'll waive your application fee
No Move In Fee! Call Today
301.735.3200
6311 Pennsylvania Ave - Forestville, MD
PENNLANDINGAPTS.COM
*Restrictions apply, prices subject to change.
Please ask a Leasing Consultant for more info.

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY
IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
\$99 MOVE IN
SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 **2 BR fr. \$870**

*See or call Consultant for Details
M-F 9-5, Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW DC - First 3 weeks \$375. \$135 per week after. Males preferred.
Call 202-629-1811 or 202-455-7504

SW - Madison Court Under New Management. 1 BR \$750, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home. Recent upgrades. No pets. \$2,200 + utils. Sec dep req. 301-925-0002

PENN LANDING
APARTMENT HOMES
New Year, New Place!
1 Bedrooms from.....\$799*
2 Bedrooms from.....\$1,048*
Bring in this ad & we'll waive your application fee
No Move In Fee! Call Today
301.735.3200
6311 Pennsylvania Ave - Forestville, MD
PENNLANDINGAPTS.COM
*Restrictions apply, prices subject to change.
Please ask a Leasing Consultant for more info.

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY
IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
\$99 MOVE IN
SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 **2 BR fr. \$870**

*See or call Consultant for Details
M-F 9-5, Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW DC - First 3 weeks \$375. \$135 per week after. Males preferred.
Call 202-629-1811 or 202-455-7504

SW - Madison Court Under New Management. 1 BR \$750, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home. Recent upgrades. No pets. \$2,200 + utils. Sec dep req. 301-925-0002

PENN LANDING
APARTMENT HOMES
New Year, New Place!
1 Bedrooms from.....\$799*
2 Bedrooms from.....\$1,048*
Bring in this ad & we'll waive your application fee
No Move In Fee! Call Today
301.735.3200
6311 Pennsylvania Ave - Forestville, MD
PENNLANDINGAPTS.COM
*Restrictions apply, prices subject to change.
Please ask a Leasing Consultant for more info.

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY
IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
\$99 MOVE IN
SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 **2 BR fr. \$870**

*See or call Consultant for Details
M-F 9-5, Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW DC - First 3 weeks \$375. \$135 per week after. Males preferred.
Call 202-629-1811 or 202-455-7504

SW - Madison Court Under New Management. 1 BR \$750, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home. Recent upgrades. No pets. \$2,200 + utils. Sec dep req. 301-925-0002

PENN LANDING
APARTMENT HOMES
New Year, New Place!
1 Bedrooms from.....\$799*
2 Bedrooms from.....\$1,048*
Bring in this ad & we'll waive your application fee
No Move In Fee! Call Today
301.735.3200
6311 Pennsylvania Ave - Forestville, MD
PENNLANDINGAPTS.COM
*Restrictions apply, prices subject to change.
Please ask a Leasing Consultant for more info.

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY
IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
\$99 MOVE IN
SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 **2 BR fr. \$870**

*See or call Consultant for Details
M-F 9-5, Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW DC - First 3 weeks \$375. \$135 per week after. Males preferred.
Call 202-629-1811 or 202-455-7504

SW - Madison Court Under New Management. 1 BR \$750, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home. Recent upgrades. No pets. \$2,200 + utils. Sec dep req. 301-925-0002

PENN LANDING
APARTMENT HOMES
New Year, New Place!
1 Bedrooms from.....\$799*
2 Bedrooms from.....\$1,048*
Bring in this ad & we'll waive your application fee
No Move In Fee! Call Today
301.735.3200
6311 Pennsylvania Ave - Forestville, MD
PENNLANDINGAPTS.COM
*Restrictions apply, prices subject to change.
Please ask a Leasing Consultant for more info.

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w-w carpet 5% DISCOUNT: METRO & DC GOVT employees Call for details (877) 464-9774

OPEN HOUSE EVERY FRIDAY
IN DECEMBER, 10am-4pm
3539 A St SE Mon-Fri. 9-5. Sat 10-4
Housing Choice Vouchers welcome where rents are within voucher program limits

SOUTHWEST/Metro Convenient!
\$99 MOVE IN
SPECIAL*
EAGLES CROSSING
116 Irvington Street SW,
866-790-5360
W/W carpet, CAC/1 Air/Heat, Dishwasher, Laundry facility,

EFFICIENCY \$700
1BR fr. \$775 **2 BR fr. \$870**

*See or call Consultant for Details
M-F 9-5, Sat 10-4
Housing Choice Vouchers Welcome where rents are within voucher limits

SW DC - First 3 weeks \$375. \$135 per week after. Males preferred.
Call 202-629-1811 or 202-455-7504

SW - Madison Court Under New Management. 1 BR \$750, 2 BR \$885. 32 Chesapeake St. SW 202-561-7368 NMI Property Management

MD RENTALS

BOWIE - 4BR, 3.5BA, 2100 sf home. Recent upgrades. No pets. \$2,200 + utils. Sec dep req. 301-925-0002

PENN LANDING
APARTMENT HOMES
New Year, New Place!
1 Bedrooms from.....\$799*
2 Bedrooms from.....\$1,048*
Bring in this ad & we'll waive your application fee
No Move In Fee! Call Today
301.735.3200
6311 Pennsylvania Ave - Forestville, MD
PENNLANDINGAPTS.COM
*Restrictions apply, prices subject to change.
Please ask a Leasing Consultant for more info.

1 BRs fr. \$710/mo
2 BRs fr. \$835/mo
with Move-in Special
Meadow Green Courts!
\$20 APPLICATION FEE!
Convenient to shops, schools, Dishwasher. Walk-in closets, w

MD RENTALS

MD RENTALS

MD RENTALS

MD RENTALS

VA RENTALS

OXON HILL

FREE UTILITIES

- Swimming Pool
- Private balconies and patios
- Minutes to The National Harbor

Free January Rent
(on select units)

COLONIAL VILLAGE
908 Marcy Ave. • Oxon Hill, MD 20745
888-583-3047

LANDOVER

GATED COMMUNITY

- Free gas and water
- State-of-the-art fitness center
- Licensed Daycare on Premises
- Right by the new Wegmans

Free January Rent
(on select units)

MAPLE RIDGE
2252 Brightseat Road • Landover, MD 20785
888-583-3045
www.mapleridgeapartments.com

HYATTSVILLE

FLEETWOOD VILLAGE APTS.

- FREE WATER, GAS HEATING & COOKING
- FREE APPLICATION FEE (with this ad)
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro

Call Now For Our
FANTASTIC SPECIALS!

721 Chillum Road • Hyattsville, MD 20783
866-315-8849

RIVERDALE

GATED COMMUNITY

- Fitness center on property
- Beautiful kitchens
- Washer/Dryer
- Outdoor & Indoor Pools

Free January Rent
(on select units)

PARKVIEW GARDENS
6400 Riverdale Road • Riverdale, MD 20737
888-251-1872
www.parkviewgardensapartments.com

LANDOVER

FREE UTILITIES

- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Mins. from Wegmans

Free January Rent
(on select units)

KINGS SQUARE

3402 Dodge Park Rd. • Landover, MD 20785
877-898-6958
www.kingssquareapartments.com

RIVERDALE

1, 2 & 3 BR APTS.
HUGE 2 BR
TOWNHOMES

- Roomy, modern apts.
- Private balconies/patios
- Cathedral ceiling

Free January Rent
(on select units)

RIVERDALE VILLAGE
5409 Riverdale Road • Riverdale, MD 20737
800-767-2189

MD RENTALS

Marlow Heights

1BR Special from \$899⁰⁰

2BR \$999⁰⁰

Second Chance Approval

Amenities

- Beautiful Location
- Wall-to-Wall Carpet
- Spacious Apartment
- Refrigerator in unit Homes
- Central A/C & Heat
- Garbage Disposal & Dishwasher
- 24 Hour On Call Maintenance
- Laundry Facility

Second Chance Program!

Call Us!

1(301) 899-2644

9-6 M-F • 10-5 SAT
Call today to schedule a tour!

Live Large at

Takoma Landing
Apartments & Townhomes!

1-BRS from \$899

2-BRS from \$1199

2-Story Townhomes fr. \$1239
(some restrictions apply)

Washers & Dryers, Brand New Kitchen Appliances, And so much more!!!

Walking distance to shopping, dining & entertainment!

Call NOW 866.798.2487

WWW.TAKOMALANDING.COM

790 Fairview Ave. • Takoma Park, MD 20912

EQUAL HOUSING OPPORTUNITY

UTILITIES INCLUDED

Studio, 1 & 2 BRs start at \$1145

1200 S. Courthouse Rd, Arlington, VA 22204

703-822-5588 • dominionplazaapts.com

EQUAL HOUSING OPPORTUNITY

<div data-bbox="600 2

VA RENTALS



FREE MONTH'S RENT*

Newly remodeled apartments, lobby and business center. 24-Hour Front Desk, Fitness center, pool and sundeck. Just 3 blocks to the Courthouse Metro with easy access to Key Bridge, Rte. 66 & GW Parkway.

Studio, 1&2 Bedrooms

POTOMAC TOWERS
2001 N. Adams St. • Arlington, VA 22201
703-485-4903 | potomactowers.com

*on select apartments

VA RENTALS

THE BUCHANAN

NEW YEAR, NEW PLACE:

Studios from.....\$1,475*
1 Bedrooms from.....\$1,570*
2 Bedrooms from.....\$2,090*
3 Bedrooms from.....\$2,900*

Great Location Steps from Metro!
Bring in this ad & we'll waive your application fee

703.418.3700

320 23rd Street South - Arlington, VA

WWW.BUCHANANAPTS.COM

*Restrictions apply, prices subject to change daily.
Please ask a Leasing Consultant for more info.

Sell out the show!

Contact us at 202.334.6732
or ads@readexpress.com

express



VA RENTALS

The Park

at Arlington Ridge

NEW YEAR, NEW PLACE:

1 Bedrooms from.....\$1,565*
2 Bedrooms from.....\$1,995*

Luxury Apartment Homes

Bring in this ad & we'll waive your application fee

703.836.1600

1800 South 26th St - Arlington, VA

PARKATARLINGTONRIDGE.COM

*Restrictions apply, prices subject to change daily.
Please ask a Leasing Consultant for more info.

ROOMMATES

AAFB/ FORT WASHINGTON- M/F, Cable, no pets, furn. utils incl, Leave msg

301-265-0639/ 240-401-0069

ADELPHI- Rm in SFH, \$650 ea, utils incl, nr greenline & Univ of MD, 301-434-4854

ROOMMATES

ALEXANDRIA CITY/OLD TOWN, VA - N/S, Furn room, all privileges, CATV, all utils, W/D. Next to Metro. \$850. **703-548-8095**

ANDREWS AFB Area, MD

Nice furn room, nice area, kit privs. w/w. \$600/mo + \$100 sec dep. Call **301-467-0981**

BOWIE Share hse. Huge gorgeous

1BR, pvt entr., all utils incl. \$800. Avail immmed.

Please call **319-533-4485**

CLINTON 1 furn BR \$725/m in lg home, free utils/cbl/net, 3 frplc, 2 kit, jacuzzi, 2 lg entrtrnmt rms, sec svcs. **A Must See** **443-986-1187** **301-856-0808**

FALLS CHURCH- Shr SFH. Yard, net, cable, prkg, W/D, AC. Close to East FC Metro. Smk ok. \$525 + 1/3 utils/dep. **703-532-7388** tbarzona@gmail.com

FALLS CHURCH, VA - Beautiful room, share bath. Available in shared house. Near Metro. \$600 includes utilities. No smoking. Call **703-204-2279**

NEAR M METRO

FORT. WASH- Lrg house to share. Free cable. Close to Metro. W/D. \$150/week. Call **240-882-8973**

LANHAM Rooms in SFH, wall-wall carpet, off-street parking. Near Metro. \$400 each. Please call **301-237-6367**

LAUREL Spacious furn room w/ Int & Cbl/TV \$635/mo or \$180/wk, incl util. Share kitchen & W/D. **301-370-6587**

MANASSAS PARK Seeking resp N/S female to shr quiet TH. Pvt BR/BA, NP. \$595 incld utils/cab/net Call **703-393-1522**

ROOMMATES

NEW CARROLLTON, MD Shr house, 1BR. New crpt. All amens incl. Cbl/internet. Prkng avail. Nr Metro/ MDU. **240-752-2078** / **301-306-0073**

SILVER SPRING, MD - Room in apt to share. Nice area. Close to bus stop, 495 & shopping center. \$550 utilities negotiated. **202-725-0011**

HOUSES FOR SALE

LANHAM/UPPER MARLBORO, MD - Half price homes for sale. Can rent with option. Vet avail. Credit check. Call **Ike**, Metro RE, **301-335-4447**

CARS

JUNK VEHICLES REMOVED FREE
CASH PAY FOR ALL
202-714-9835

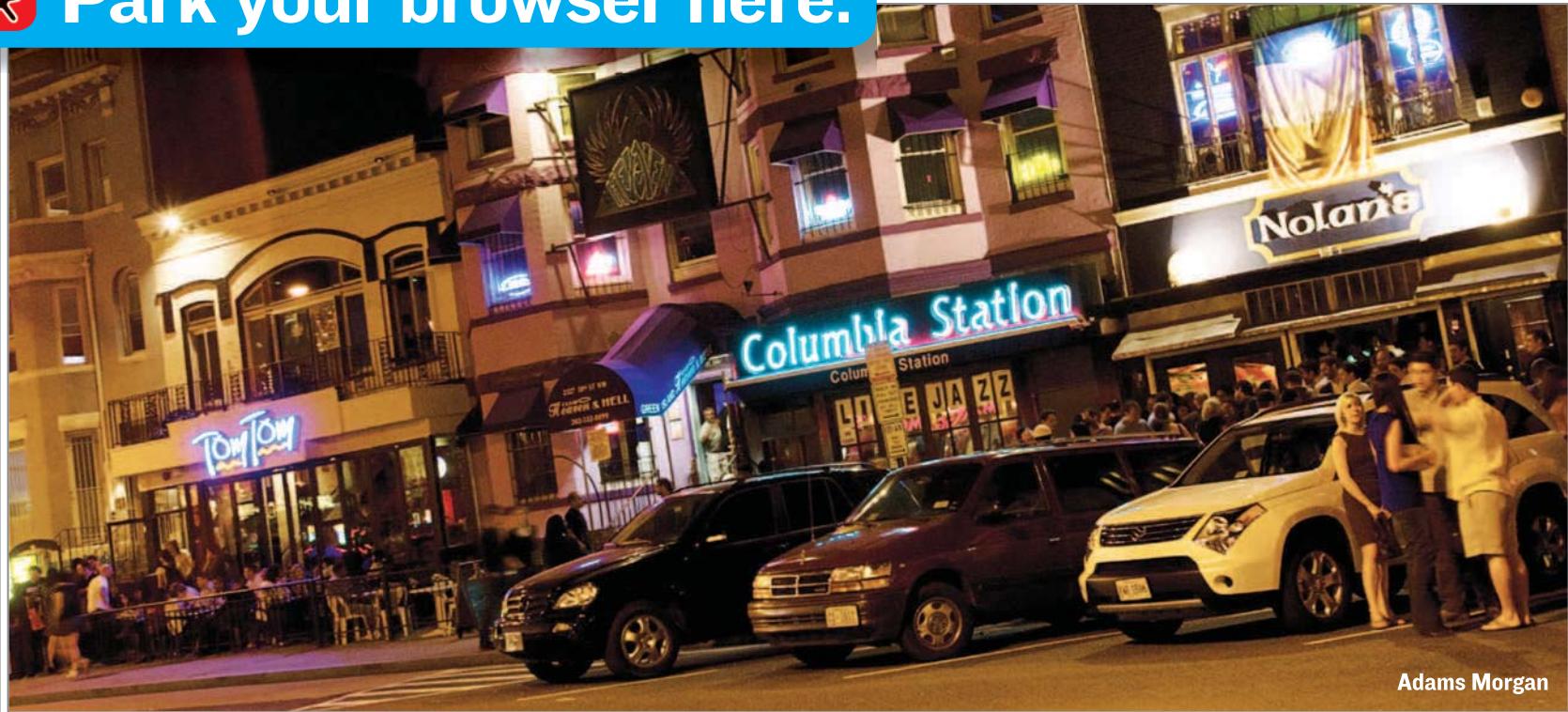
Lexus 2009 IS 350 — \$28K, Mint cond, 23k mi, Navigation, Cream int, Black ext, 4 dr, Htd Seats, DVD, **703-585-8161**

NEED A VEHICLE? Over 1,000 Cars, Trucks, SUV's! You need 2 Paystubs & 1 Bill - Laurel, MD. Gross income must be \$2K mo+. Jason **202.704.8213**

readexpress.com

XX740 1x25

Park your browser here.



Adams Morgan

Concerts, movies, events, restaurants and more.

readexpress.com

Look for site highlights in today's Express.

lookout online

Blog Log



“Still too big and heavy ... America doesn’t know how to make sports cars, plain and simple.”

— Commenter Croc Ography at MASHABLE.COM reacts to the release of the 2014 Corvette Stingray model at the Detroit Auto Show on Sunday.

“Every time I write anything about Vinny Cerrato, several readers complain that he is no longer newsworthy or ... currently relevant to their lives. To those of you ready to play that card, I present this news: Vinny Cerrato now has a national radio show.”

— Dan Steinberg at WASHINGTONPOST.COM/BLOGS/DC-SPORTS-BOG remarks on the polarizing former Redskins front-office executive’s current gig as CBS Sports Radio co-host from 10 a.m. to 2 p.m. Sundays.

“Want to ... know where the portable toilets are on inauguration day? There’s now an app for that.”

— Carol Ross Joynt at WASHINGTONIAN.COM/BLOGS/CAPITALCOMMENT points out that the 57th Presidential Inauguration Committee is the first to offer a smartphone app to help eventgoers.

“For [Jodie] Foster to imply that the only choices are refusing to come out of the closet or becoming Honey Boo Boo is at best disingenuous and at worst an insult to the many artists who have been much braver than Foster, and who have stood up and been counted at a moment in our cultural history when famous people’s speaking the truth of their lives has been an essential element in the battle for equal rights.”

— Alonso Duralde at BLOGS.INDIEWIRE.COM/PRESSPLAY was unimpressed by Foster’s speech after receiving the Cecil B. DeMille Award at the Golden Globes on Sunday. In her acceptance speech, Foster discussed her partner, her family and her career.

“Justin Timberlake’s new song sounds like an old Robin Thicke song.”

— @UNIVERSALEM wasn’t particularly impressed with JT’s new single, “Suit and Tie,” featuring Jay-Z and produced by Timbaland.

Are ALCOHOL and ANXIETY taking over your life?

YOU MAY BE ELIGIBLE FOR A RESEARCH STUDY testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

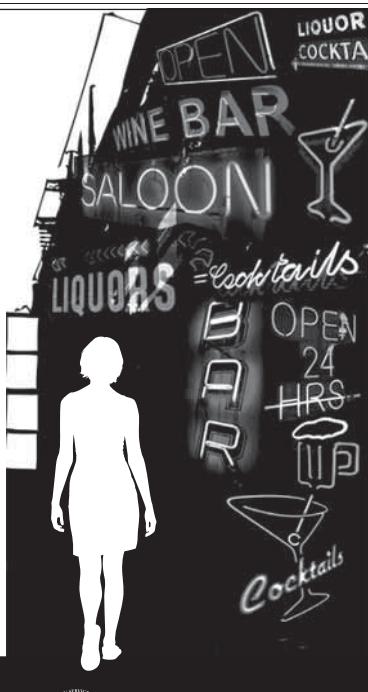
You may be eligible for the study if you:

- Are a woman 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can’t

Participants will:

- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance



Call now for a confidential screening:
1-800-535-8254

TTY: 1-866-411-1010
www.clinicaltrials.gov



DEPARTMENT OF HEALTH AND HUMAN SERVICES and NATIONAL INSTITUTES OF HEALTH (NIH) VOLUNTEERS NEEDED FOR A LIVE INFLUENZA VACCINE RESEARCH STUDY



HEALTHY VOLUNTEERS ARE NEEDED at the National Institutes of Health (NIH) in Bethesda, Maryland, for a research study. The study is testing an investigational live virus vaccine against the H5N1 influenza virus to see if it is safe and compare how it works when given in the back of the throat versus as a pill.

You may be eligible for the study if you:

- Are between 18–49 years old and in good health
- Have not had your tonsils removed
- Are willing to be hospitalized for one week at NIH
- Do not live or work closely with:
 - People who have weakened immune systems caused by chronic illness
 - Children younger than 5 years old
 - Elderly people
 - Pregnant women

Individuals who live with you must agree to be monitored as well; however, they will not receive the vaccine. All volunteers will be compensated.

For more information, call
1-800-411-1222

(Reference SAMOSA Study or 11-I-0259)
TTY: 1-866-411-1010 Se habla español



puzzles lookout

Horoscope

CAPRICORN (Dec. 22-Jan. 19) You're more interested in where you rank in the scheme of things today than in what contribution you really make.

AQUARIUS (Jan. 20-Feb. 18) You're after something that others think is well beyond your reach, but you have a secret that can help you attain it.

PISCES (Feb. 19-March 20) Take care that you don't let frustration over a minor incident grow into something that cannot be easily controlled. Maintain perspective.

ARIES (March 21-April 19) Now is the time for you to make a play for something you really want—even if someone else has "dibs." You can make your mark by day's end.

TAURUS (April 20-May 20) You're watching things from a distance when what you really want is to take part in a much more involved way. You can have your wish.

GEMINI (May 21-June 20) Someone is likely to come to the rescue just when you need rescuing the most, and you won't even have to ask for help. Timing is everything.

CANCER (June 21-July 22) Yes, the way you do things is likely to be the object of a good deal of scrutiny—not because of criticism, but rather admiration.

LEO (July 23-Aug. 22) You may doubt yourself at this time, but someone close to you knows just what you're capable of—and what that's really worth.

VIRGO (Aug. 23-Sept. 22) It's not likely to take you as long as expected to finish the work begun today. You must brook no untimely interruptions, however.

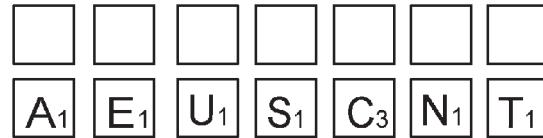
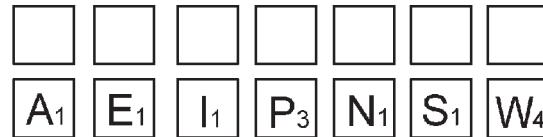
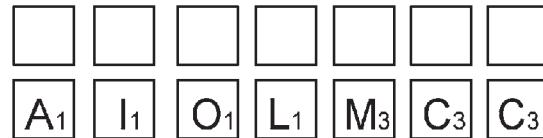
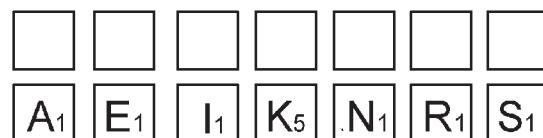
LIBRA (Sept. 23-Oct. 22) The position a loved one puts you in today may be the cause of some heated discussion later on—but recovery can be swift.

SCORPIO (Oct. 23-Nov. 21) You're putting someone else's needs ahead of yours—is that what you had in mind? You can make adjustments.

SAGITTARIUS (Nov. 22-Dec. 21) You may have the opportunity to tell a story that means much more to the listener than it does to you—but you know that.

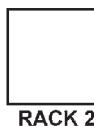
Scrabble Grams

PAR SCORE 195-205, BEST SCORE 275



Triple Word Score

1st Letter Double



Yesterday's Solution

H ₄	U ₁	M ₃	A ₁	N ₁	E ₁	R ₁	RACK 1 = 62
R ₁	E ₁	T ₁	O ₁	O ₁	K ₅		RACK 2 = 10
E ₁	C ₃	S ₁	T ₁	A ₁	S ₁	Y ₄	RACK 3 = 74
R ₁	E ₁	V ₄	I ₁	V ₄	A ₁	L ₁	RACK 4 = 71
							TOTAL = 217 PAR SCORE 155-165

FOUR RACK TOTAL

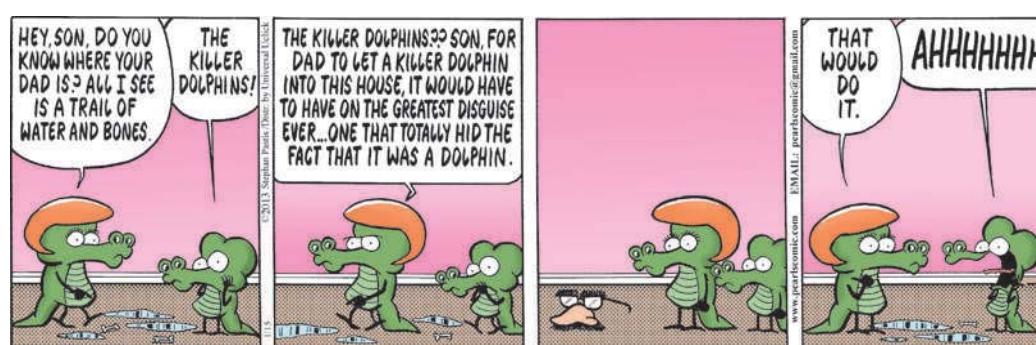
Make a 2-7-letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Sudoku

MEDIUM

6	3	8	5	9				
8	9	7	2					6
	1	9	6	8	4	7		
1	5						3	
9			8				4	
3					1	2		
5	8	7	2	6		4		
4			3	1	7	5		
6	1	4	5	2				2

Yesterday's Solution

4	3	7	1	9	8	5	6	2
2	8	1	3	6	5	9	7	4
6	5	9	2	4	7	3	1	8
7	6	5	9	3	4	8	2	1
1	2	4	5	8	6	7	3	9
3	9	8	7	1	2	6	4	5
5	7	3	8	2	1	4	9	6
8	4	2	6	7	9	1	5	3
9	1	6	4	5	3	2	8	7

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Forecast



Today: Cooler today with occasional rain and drizzle. Rain tonight.



Tomorrow: A little rain tomorrow morning. Partly cloudy tomorrow night.

Looking Ahead



Sun and Moon

Sunrise today: 7:25 a.m.
Sunset today: 5:10 p.m.
Moonrise today: 9:33 a.m.
Moonset today: 9:55 p.m.
Normal high: 43
Record high: 76
Normal low: 28
Record low: -13

FORECAST BY ACCUWEATHER.COM ©2013

DO YOU DRINK A LOT OF ALCOHOL?

Do you also feel tense, worried, or distressed?

If so, you may be eligible to participate in a study. The goal of this project (NIH Study #13-AA-0040) is to study whether a medication (Baclofen) currently approved to treat muscle spasms affects alcohol drinking.

Eligible volunteers will be:

- In good health and drug free
- Between the ages of 21 and 65
- Willing to come for four outpatient visits and one overnight stay at the NIH CC in Bethesda, MD

Participants will receive a free medical evaluation and will be paid for doing the study..

*For more details,
email cpnresearch@mail.nih.gov
or call 301-451-6974*



NIAAA
National Institute on Alcohol
Abuse and Alcoholism



The Washington Post

Contests, giveaways,
events and more.

What kind of fun?
PostFun.

January Giveaways—enter and you could win!



Alice's Adventures in Wonderland Family Four-Pack

Courtesy of The Kennedy Center
Win Jan. 26 matinee tickets for four, plus lunch at KC Café!

Enter by JAN 17



"Metamorphoses" Valentine's Day Prize Pack

Courtesy of Arena Stage
Win Feb. 14 tickets for two, plus spa and dinner certificates!

Enter by JAN 27

Enter now at washingtonpost.com/postfun and continue to check The Washington Post the first week of each month for more upcoming PostFun promotions!

Follow us on Twitter @postfun.



www.facebook.com/washpostfun

XPA019 2x5

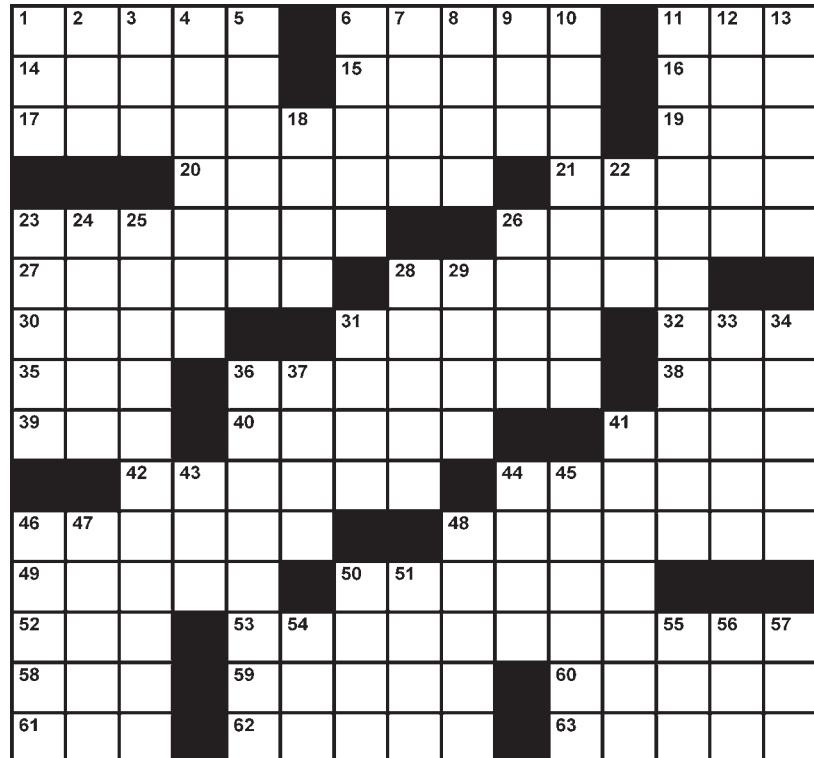
WeekendPass makes the weekend historic.

Every Thursday in Express.

lookout puzzles

Crossword

MAKING MOVIES



EDITED BY TIMOTHY E. PARKER

ACROSS

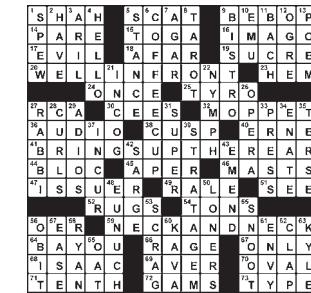
- 1 Web site?
- 6 Wears out one's welcome
- 11 Highly reliable evidence
- 14 Sitcom starring Valerie Harper
- 15 A profane state
- 16 Brutally harsh
- 17 Big seller for Chris Rock
- 19 Where a doc pays r dues
- 20 Agriculturally viable
- 21 Wabbit hunter of toons
- 23 Real crybabies
- 26 On the train
- 27 Words of warning
- 28 Bus stations
- 30 Like Pollyanna's outlook
- 31 Broadcast
- 32 Old-style PC monitor
- 35 Superlative finish
- 36 Agatha Christie's genre
- 38 Yon maiden fair
- 39 Get the point of
- 40 Some bridge players
- 41 Inlet at the shore
- 42 Area of Venice
- 44 Allowing seepage
- 46 Tooth next to a premolar
- 48 They may be grand
- 49 Hot and sticky
- 50 Severely injured, in a way
- 52 "Who wants ice cream?" response
- 53 Colossal lack of success
- 55 Fleur-de-___ (Quebec symbol)
- 56 Catch up with again, as in sports
- 57 Make lean, in a way
- 58 Addams Family relation
- 59 What sultana grapes lack
- 60 Something from the oven

DOWN

- 1 Circumference section
- 2 Despite the fact, briefly
- 3 Piper's son of verse
- 4 "If everything goes our way ..."
- 5 Core groups of trained
- 6 Pierces
- 7 Above average in height
- 8 Monastery resident
- 9 Who Uncle Sam wants, per the posters
- 10 Unknown person
- 11 Place to be theatrical
- 12 Title giver
- 13 Judgment payout
- 18 Easily maneuvered, at sea
- 22 Unit in realty
- 23 Anesthetizes an entire audience
- 24 Got up
- 25 Farthest from the east
- 26 Simon Says player, at times
- 28 "Same here!"
- 29 "___ Tu" (1973 Spanish-language hit song)
- 31 Abbr. in some office titles
- 33 Musical melange
- 34 Hank of hair
- 36 Follows a stream's path
- 37 Bill and Hillary's alma mater
- 41 New mother, at times
- 43 Trilogy finale
- 44 A fine cotton
- 45 Big name in flatware
- 46 Three-to-five-alarm dish
- 47 Embezzler's worry
- 48 Marching-band flutes
- 50 Critter in house dust

- 51 Red indicator in litmus tests
- 54 Hall of Famer ___ Wee Reese
- 55 Area 51 craft
- 56 Ewe wooper
- 57 Airport posting (Abbr.)

Yesterday's Solution



Today in History

1559 England's Queen Elizabeth I is crowned in Westminster Abbey.

1943 Work is completed on the Pentagon, headquarters of the U.S. Department of War (now Defense).

2009 US Airways Capt. Chesley "Sully" Sullenberger ditched his Airbus 320 in the Hudson River after a flock of birds disables both engines; all 155 people aboard survived.

express



Published by Express Publications LLC
1150 15th St. NW, Washington, DC 20071
A Subsidiary of The Washington Post Co.

Editorial: 202-334-6800

Fax: 202-334-9777

Circulation: 202-334-6992

Advertising: 202-334-6732

or ads@readexpress.com

Classifieds: 202-334-6200

General Manager — Ron Ulrich | Executive Editor — Dan Caccavaro
Creative Director — Scott McCarthy | Managing Editor/Features — Holly J. Morris
Managing Editor/News — Lori Kelley | Features Editor — Jennifer Barger
Senior Editors — Katie Aberbach, Vicky Hallett, Shauna Miller, Kristen Page-Kirby
Copy Chief — Diana D'Abruzzo | Story Editor — Adam Sapiro | Section Editors — Rudi Greenberg, Beth Marlowe, Morgan Schneider, Sara Schwartz, Holley Simmons, Jeff Tomik, Clinton Yates, Fiona Zulbin | Art Director/Features — Adam Griffiths | Art Director/News — Jon Benedict | Production Supervisor — Matthew Liddi | Photographer — Marge Ely
Vice President of Sales, The Washington Post — Arnie Applebaum

Founding Publisher — Christopher Ma, 1950-2011

X1734285

HOLY OIL OF ISRAEL

Distribution of the Oil of Israel

You will receive a bottle of the blessed Oil of Israel, the Holy Land, for FREE. Use it to anoint the sick, or any place that you need the power of God to be manifested and will receive the answer you need by faith.

THE POWER OF THE ANOINTING OIL



HEALED!

FROM arthritis, arthrosis, escoliosis.



BLESSED!

WAS unemployed for 1 year! Now has her own business.



DELIVERED!

FROM panic attacks, and depression to the point of trying to kill herself! NOW she is a happy person



TRANSFORMED!

FROM being separated for 1 year, we had constant fights, no communication! NOW we are a happy couple! TOGETHER

Uses of the Holy Oil:

- Anoint the sick for healing
- Overcoming Addictions
- Financial prosperity
- Bless your home, family, marriage
- Deliverance of Spiritual problems like depression, insomnia, nightmares, mental illness, etc.

SUNDAY JANUARY 20TH

RESERVE NOW, FREE!

>PLEASE NOTE: Limited quantity - we strongly advise you call to confirm your attendance and reserve your oil - ONE PER PERSON -

Our Locations

Silver Spring MD | 11120 Lockwood Dr. (next to White Oak Mall) Time: 10am & 6pm
Tel: 301-592-1672

Washington DC | 217 16th St. NE (corner of N. Carolina Ave) Time: 11:30am & 5pm
Tel: 202-239-7752